

SYDNEY Striders



Edition No. 61: April-May 1996

Lively AGM Elects New Striders' President and Committee

by Jim Screen

If you weren't there then you missed it. One of the liveliest Annual General Meetings for years was held in the club rooms at Waverton Bowling Club after the STaR on Sunday 5 May.

Perhaps it was the weather, or the late start, or the new look singlets, or even the early onset of winter (May 4, according to our new winter start times) but whatever it was, it was very refreshing to see, and hear, so many interested Striders wanting to have a say in the running of the club's affairs.

John Turner, the 8th person to be elected as Club President in Striders' 16-year history, is overseas at present, but I am sure he would wish to thank and congratulate the outgoing committee, and especially ex-President Wendy Downes, for the great job they have done for us during 1995/96. John will no doubt have a message for us in the next edition of the Blister. *[Continued page 3]*



Outgoing and incoming
Club Presidents Wendy
Downes and John Turner

Inside this 61st Edition of The Blister:

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 - ◆ THE FIRST YEAR: Nick Themsen: the Newbie's Perspective
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 - Canberra Marathon
 - Brisbane Waters Bush Bash
 - Striders' 10k Series Update: Placings up to Race 4
 - ◆ Marathon Ladder, Club News, Letters to the editor
- AND MUCH MORE!**

The Blister

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Race Results & Address/Phone Changes:

Contact Kevin Tiller, phone as above, or email: tiller@ozemail.com.au (note recent change).

Blister Contributions:

Contact Graham Butler, Sarah Entwistle, Steve Cornelius or Nick Themsen, phones as above, or email: byker.sands@s054.aone.net.au (Steve) or entwispr@hutch.com.au (Sarah).

Copy Requirements

Contributions are welcome from all Striders.

(1) **Deadline dates:** Deadline dates for next edition are published in the Club News section. Late contributions will be printed in the following edition, if still relevant.

(2) **Disk format:** IBM-compatible 3½-inch disks. Apple Mac disks: 3 days earlier for file conversion.

(3) **File format:** Please save files in text format! Other formats may delay production.

(4) **Tables, results, spreadsheet output:** Word95 tabular, Excel95 or Access Database 2.0 preferred. Otherwise contact Blister Production Editor first.

(5) **Typewritten, readable handwritten copy:** Submit one week before deadline for re-typing.

(6) **Graphics:** Colour or black/white photos, line drawings, cartoons etc, welcomed. Please submit one week before deadline to allow for scanning.

(7) **Verbal contributions** may be filed under "G", even if accompanied by a LARGE BRIBE.

(8) **Disks and photos returned**, if you're lucky.

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Striders' AGM ...

[continued from page 1]

Congratulations also to the new committee members who have agreed to give up their time to ensure the ongoing success of the Striders. Unfortunately not all positions were filled at the AGM, but we will approach interested members and seek their support as soon as possible.

Two hot topics

The two hot topics of general business were the later starting times for STaRs and the club's "Sydney Striders" logo. Both of these issues generated animated debate, and demonstrated to the new committee that members are taking a keen interest in what direction the club is taking. It was agreed by the meeting in general that the committee would look at both of these issues as a matter of priority.

Opinion divided over STaR starts

In the meantime, the 7 am start for STaRs will continue until a better understanding of the feelings of a much larger number of members about the later start is known. Even after the AGM, opinion gathered at the last two STaRs evidences divided views. The outcome of research and the review of start times will be publicised as soon as possible, and hopefully we will all be able to live with the solution provided.

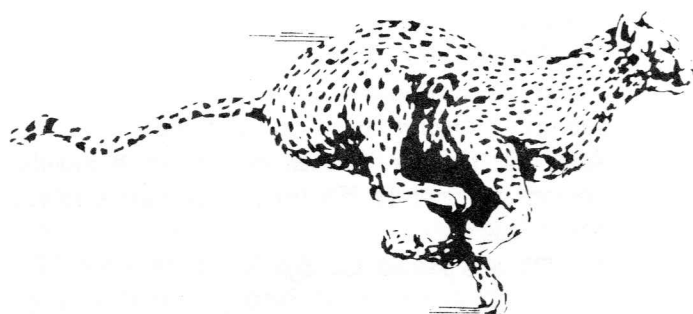
Several speakers commented on the changes to the club's logo and uniform over the last few years, with special emphasis on the club singlets. The Striders' uniform is extremely well known both locally and overseas, and some members were of the opinion that the newer designs were drifting away from the strong level of recognition which has been built up over the years. There was, however, plenty of support for change which incorporates the latest styles and designs of running gear including the way we look.

Moving with the times

The committee will look at this issue and formulate a flexible policy, which will take advantage of our traditions whilst moving with the times.

In summary, the meeting was a huge success, in that it showed that Sydney Striders is alive and well, with a very large number of interested and supportive members. It also clearly showed that the new committee has to meet the challenge of being excellent communicators.

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Contact Strider Brian Tailford

Kev's Korner

"What are most people going to be doing between 6 and 7 Sunday morning if they're not going to the STaR? They're certainly not going to be doing their homework or their washing". (Kevin Tiller at the club's recent AGM, addressing the controversial question of STaR starting times.)

Club News

• Club Uniforms

by Peter Truscott

Sydney Striders have produced a new range of polo shirts. The new shirts, with green collars and the new logo on the front, are a vast improvement on the original plain white collared shirts, unless you were using them for cricket. If you were, there are still a few of the old ones left. To order your new polo shirt, see me at any STaR run or Striders' 10k race.

Payment for clothing would be appreciated within the calendar year, if not much sooner, something George Herisson is trying to change. After all, Harvey Norman only gives 6 months interest free, not 12. So bring your money to the next STaR run.

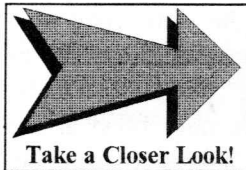
Oh, and pay up, George.

Price List:

New Design Polo Shirts	\$25.00
New Design Tracksuit Pants	\$45.00
New Design Running Shorts	\$25.00
15th Anniversary T-Shirts	\$25.00
Mesh Singlets (Male or Female)	\$18.00
Coolmax Singlets	\$25.00
Cotton Shorts (green & white)	\$22.00
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Short sleeved T-Shirts	\$18.00
Long sleeved T-Shirts	\$22.00
Tracksuits (made to order)	\$100.00
Sweatshirts (NEW DESIGN)	\$25.00
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Triathlon Lycra knicks	\$25.00
Bike Pants (with padded seat)	\$40.00
Bike Top with pockets at back	\$40.00
Lycra Bra Tops	\$18.00
Polo Shirts	\$20.00
Squeezys (box of 10)	\$10.00

• Email Addresses Changed

Would members please note that database and membership manager Kevin Tiller's email address has recently changed. Also, Blister contributions can now be sent via email to either Steve Cornelius or Sarah Entwistle. All 3 email addresses appear near the foot of the "Club Contacts" panel on page 2.



• The Equaliser Members' Cross-Country (Bret Nichols Memorial Trophy 1996)

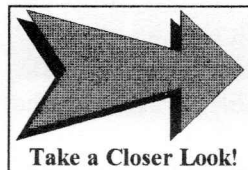
by Jim Screen

The "Equaliser" is one of the club's major annual events, and will be held on:

**Sunday 30 June 1996, 8 a.m.
at Wyatt Avenue, Belrose**

The course is scenic and the running surface has been much improved over the years. This is an event for Striders of all levels, not just for the super fit or the regular bunch of runners who turn out each year. As well as being an open event, there are age group divisions for 40-49, 50-59 and 60+ for both males and females. The usual STaR refreshments are provided after the race.

PS Don't believe all you hear about the uphill sections. There are just as many downhills.



• Team Entries: City-to-Surf, Sydney M'thon

Info from Chris Robb

Two consecutive weekends in August see a couple of events which usually attract a large entry from Sydney Striders:

Sun 11 Aug: The CITY-to-SURF

Sun 18 Aug: The SYDNEY MARATHON

And once again we urge members to send their entries to the club's mailing address (P.O. Box 679, Crows Nest 2065) so that they can be combined into winning team entries. This year **Margaret White** has volunteered to take on the task of coordinating Striders' teams.

Deadline for BOTH events: 22 JULY

Why not send your entry for both events in the same envelope? But don't forget, make separate cheques out, payable to the race organisers in each case, not to Sydney Striders.

• Quote of the Month: April

"I run marathons to keep me cheerful" (Alf Field, April '96, on being asked why he runs marathons)

• Club News

• Club Teams Coordinator for all External Events

from Chris Robb

Striders have frequently commented on the need for someone to coordinate team entries from Striders, not only at major marathons, half-marathons and the City-to-Surf, but also at Fun Runs. Nothing is more frustrating than to find, after a race, that 3 or 4 Striders who entered individually would have won a category team prize if only they had realised the others would be there.

Now our problems in this respect are over: **Margaret White** is our new team coordinator. If you're considering entering an external event, and think there's the remotest chance some other Striders may enter, give Margaret a ring on **9958-0161**. (Naturally, call in plenty of time to allow entries to be mailed before the relevant race deadline). Give it a go - team prizes are often won when least expected.

• New Blister Team Member Welcomed

by the Blister Editors

We're very happy to welcome **Nick Thomsen** to the editorial team which brings you The Blister. Nick has been a member of Sydney Striders for just over a year, and his first contribution to The Blister is his account of his first year with the club. His article appears later in this edition.

Nick will be particularly concentrating on learning the production side of the magazine, in order to cover in case of Steve's absence or misadventure. We also thank all those other Striders who have offered their assistance with various aspects of Blister planning, preparation, packing, and mailing.

• Quote of the Month: May

"What is a floppy, and how does one save onto a floppy? How do we prevent floppy from becoming hard?" (Dr Irwin Light, on being asked to transfer his Blister contributions to a computer diskette).

• Website Address Changes

from Kevin Tiller

Sydney Striders' homepage on the World Wide Web is being moved, in line with Kevin Tiller's change of Internet service provider from Compuserve to Ozemail. Forwarding pages will be set up as appropriate. The new address is:

<http://www.ozemail.com.au/~tiller/striders.html>

• Future Blister Deadlines

by the Blister Editors

The best laid plans of mice and men. We're just souls whose intentions were good. Etc etc. When this journal converted from its old A5 size to A4, we fully intended to bring you 6 editions per year, with entirely predictable copy deadlines at the end of each even-numbered month.

Well, we did try, but somehow only 5 editions hit the streets during 1995, and logistically it has proved difficult to maintain predictable deadlines. It begins to look as if we may have to settle for 5 Blisters a year, owing to various editorial and production considerations. This would give us an average of 10½ weeks between editions instead of 8½, and the editorial committee feel that at present the extra 2 weeks are critical in ensuring we obtain sufficient copy to merit publication.

Added side-effects will be savings for our generous printing sponsor, and also for the club in mailing costs. Accordingly, the provisional deadline for copy for Blister #62 will be 20 July 1996. Pictures 10-14 days in advance to allow for processing if possible, please, and of course if your contribution requires typing let us have it early early!

• Striders' Roll of Honour

Data supplied by Kevin Tiller

We congratulate the following members, who have passed significant membership anniversaries since the publication of the last Blister. We thank them for their loyalty to the club and wish them many more happy years of Striding.

5 YEARS: PAUL GLARE, JOAN BOLTZ

From the President

Wendy Downes

As I end my term of office as President it is probably relevant to now reflect on the progress of the club particularly over the past year.

During the previous year we were fortunate to secure 12 months sponsorship with DHL which helped the club to become set up with a manager and administration working effectively. When we lost that sponsorship a concerted effort by the committee was made to attract a replacement sponsor or sponsors and we involved a number of our more influential members to assist in this regard. However, despite our efforts we have so far been unsuccessful. With this in mind the committee reached agreement that we could manage without a sponsor providing we trimmed our expenditure.

Important base for the club

This was done in several ways, the major cut being in the fees paid to our club manager. In October 1995 we reduced the fees paid to Sporting Spectrum for a reduced service and then contemplated the future of our administration. We could obviously not afford to continue to pay this amount indefinitely.

We did not wish to go back to running the club without the assistance of Chris Robb (Sporting Spectrum), who provided an important base for the club by way of office facilities, White Pages listing, mail collection, and very importantly a designated contact and liaison at all times for new and existing members. Sporting Spectrum submitted a new proposal to the committee, with reduced tasks, which was accepted by the committee in February 1996 at a new monthly salary of \$400 plus expenses. You will see from the annual report that this decision was taken before the club funds fell below the amount agreed that it would retain on hand at all times (\$12,000). You will also see from the accounts that the new rate for Sporting Spectrum is within our budget for the coming year.

Travelling well financially

Geoff Taylor will talk to the budget in his Treasurer's Report but it is fair to say that we are travelling pretty well but could be travelling better if we could pick up a minor sponsor or two - for instance product that can be raffled, or minor sponsorship for a 10k. All members can help in this regard.

The 10k series is growing in strength thanks to the hard work of Mark Fiore and his team. This series is still proudly sponsored by South African Airways and has the potential to grow even further. Non-Strider participation is growing and hopefully more of them will be encouraged to join our club. More volunteers are needed to help keep the momentum going and the new committee will be looking for more member participation. In 1995 we donated the proceeds from 2 of the 10k events to the Royal North Shore Hospital Cancer Research Unit and this year are repeating this gesture - in August & November.

Adidas Run to the G

Since we ceased our Half Marathon, we do not have a race of our own apart from the 10k Series. Last year we were involved in the Adidas Run to the G, through Sporting Spectrum, and more than 100 members volunteered their assistance on the day. This netted us \$2,400.

Should this race be held again this year it will be later in the year with a new sponsor and hopefully we will be involved again. From last year's turnout of volunteers on the day it is obvious that Striders do want to help to promote the club in this way and a few hours once a year is negligible.

Proposal for an M2 race

In search of a unique signature event we have approached the owner operators of the new M2 Motorway to allow us to arrange a race on the Motorway when it is finished prior to the official opening. We have been advised that it is approved in principle to stage a number of community events at this time, run in conjunction with one another, including a footrace, for which we could well be the organisers. This is predicted for early 1997 and you will be kept advised on progress. All members will be expected to assist in this high profile event.

Brian Tailford of First Impressions continues his sponsorship by way of printing of the Blister free of charge which is equivalent to many thousands of dollars per year. For this we thank Brian sincerely.

Membership at the end of 1995 stood at 303 financial, up on 1994's 291, of which 78% are male and 22% female, compared to 80/20% in 1994. These figures indicate that our efforts to avoid becoming a male dominated club of "oldies" are obviously working. The average age is also

dropping - now at 42.82, compared to 43.36 the previous year which is a good sign. Kevin O'Kane must surely take the credit for the increase in ladies. His training group attracted many new members who have all achieved great heights. The training group continues and Kevin will keep everyone informed on new challenges and training programs.

Peter Truscott has spent many hours at his drawing board designing new Striders' gear and his efforts have not gone unnoticed - most members are displaying the new gear in some shape or form.

New club rooms

We moved into new club rooms here at Waverton Bowling Club during the past year and have used the venue for 2 social events - both of which were very successful. We are grateful to Waverton Bowling Club for their generosity in allowing us to use the club free of charge for Committee meetings here every 6 weeks. Some STaR hosts are now using the park as a venue, as it has lots of advantages, including the view.

After two years as President, preceded by 7 years on the committee in other roles, I know how much work goes into the organisation and smooth running of a club such as ours.

The committee is large, large enough that each person just does his or her own job and does not get burnt out. The committee are always enthusiastic and helpful but cannot be expected to keep doing it forever.

New people always needed

New people are always needed on any committee and I hope some new young blood comes forward to add more ideas and enthusiasm. The STaR hosts are all to be thanked - sometimes taken for granted and not thanked properly. Without a host we don't have a STaR.

On a final note, I would like to thank all the committee members of the past 2 years who have supported me so well and in standing down as President, wish the incoming President and his new committee my very best wishes for the coming year.

[Eds' Note: Wendy's article is the text of the annual President's Report, which she delivered at the recent AGM.]

It is also her final report as outgoing President, and the editors take this opportunity to congratulate her on her term of office and thank her for her support during the last 2 years].

News of Carl Barker

Info supplied by Joanne Cowan

Many Striders will remember running with Carl Barker a few years ago before he left Australia. He's living in England for 3 years, and a recent letter from him brought Joanne Cowan up to date on his exploits in Europe.

Carl writes: "I still represent Striders in races I hope to do various longer races this year, and it would be great if I could do the new Sydney marathon. Did a 25-mile, 2100 ft trail race on Feb 4th around Ilkley Moor in Yorkshire (in 1 foot of snow), which I won in 2:45. Just returned from a two-week holiday in Malta where I did the marathon. I'd had a throat infection and so wasn't too displeased to finish 6th in 2:35:48."

The 100km World Challenge in Moscow, scheduled for May 4th, in which Carl intended to represent Sydney Striders, was unfortunately cancelled, but Carl Barker remains a great international ambassador for the club, carrying our green and white colours wherever he goes. If you're reading this, Carl, all your old mates wish you well and hope to see you soon.



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Forster: The Ironman Triathlon

Gary Leahey

Sunday April 21 1996, The Australian Sport Plus IRONMAN Ultra Distance Triathlon arrives for its 11th outing and 1,008 competitors are about to start a very long day. The elite athletes will finish in less than eight and half hours - the clock shuts down at fifteen hours, nine o'clock Sunday night.

Some say what else is there to do in April? Murray Town includes the IRONMAN on his annual calendar; will 1996 be his 5th Forster finish or will Murray become the innocent victim of a first timer stopping for refreshments at an aid station on the bike course. Sarah completed IRONMAN in 1993, when she won her age group; she is now at the end of the 40-44 age group and the competition is stiff with Jo-Anne Danne beating the younger girls in all distances.

Jonathan, I think more as part of a dare, submitted his entry and was accepted after being quizzed by the race director as to his experience over this distance and now "*Welcome to reality*". For me it will be number four, two in consecutive years and when I always said it was a biennial event; well I forgot! Must be a softening of the grey matter.

Lemmings

It is 3.00 am and an early breakfast; back to bed for 40 minutes and then the household is on alert. The loo gets a work out, all ready and off to the start. We need to be at Forster Keys at least one hour before the swim start. The ankle timing strap is attached, arms and legs are tattooed with race numbers. The bike transition area is bustling with 1000 competitors checking tyres, applying

Vaseline and baby oil to avoid the wet suit rash. The loo queues are long. It is cold, but for the long john wet suit and the two swim caps. The swim course always looks very forbidding at this time of the day. The spot lights cast their shadows across the water, as we like lemmings start to move looking for a space in the waters.

The quite time is over, the gun goes off, the mullet run has started. By the first turning buoy the thrashing has almost ceased. It is necessary to assert yourself and not allow the surrounding swimmers to upset your rhythm. You remember the training, and concentrate on your stroke, remain calm, and do not react to the constant battering. It is almost over, two laps of the 1.9 k course and the second turning buoy is rounded. It is now a straight line to the finishing gate. The water runs out quickly and we run through soft rotting mud. Thanks for the shower. The bike gear bag is visible. It is now the start of the



second leg, and only 222.4 kilometres to go.

Modesty is not an issue, just drop your gear and redress in bike knicks as quickly as you can. The shirt sticks to your wet upper body as you frantically attempt to don bike shoes and helmet. The food tables are laden with biscuits, drinks, bananas and yes I will take that too. Run, run find the bike run, run...no, no you can't jump on till the white line, quick and we are away. Up to the roundabout, the crowd is cheering you hear your name this is your 4th IRONMAN and wonder why am I doing it !!!!!

Can I keep this up?

The bike is fast, the adrenalin is flowing, whilst it is all down hill to Tarbuck Bay some 30 kilometres away. The lead bikes are returning, and swing on to the Coomba Park Road and flying, Yurgen Zack, Holger Lorenze and Bruce Thomas are setting a fast pace closely followed by likely contenders for the crown. My computer fails at about 2 kilometres. Must be water on the contacts from the jetstream. I have no idea what speed or average, so I ask the rider alongside. It's about 37 - 38 kph average; can I keep this up? Coomba Park comes and goes and we are approaching town after 2 hours 30 minutes, 90k's down and only another 90 to go. The north-easterly wind is not as strong as past years. The second half is slower after cramps to my quads. I cannot stand and ride the hills, so I sit and push. Have I eaten enough? I pick up extra biddons at each of the aid stations and pour in the water. More drink, Squeezys and no I cannot eat another Thunder Bar. One more Squeezy as I approach town shaking off the Thunder Bars that have melted and now stuck to every thing in my pocket. The crowd is cheering, the last roundabout and half a kilometer to the line and only 42.2 k's to go.

Not busted for drafting

Will I be able to stand when the bike stops? The handlers support the bike, I lift my leg and land on the carpet. I can walk; well almost, I am bent over, I hobble; is it the shoes or my quads?

The run gear bag is still in the transition, I have not been busted for drafting, unlike Murray and have to serve a three minute sentence. Or was that a welcome rest?

Drop your gear

The change tent is frantic. Drop your gear, dress in run shorts and singlet, don't forget the Vaseline, the bum bag and more Squeezys. A hat and sunglasses and we are away. Down the hill, the legs are screaming; can I run? What a start to the marathon, cramping quads! I stretch when I round the corner and again across the bridge in Tuncurry. They changed the course this year to run

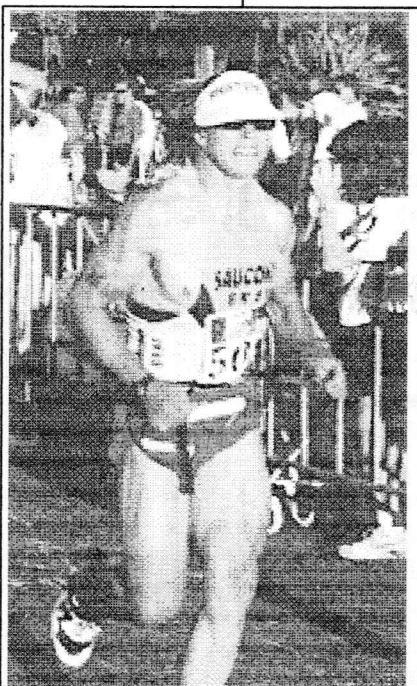
along the water front, after passing the Tuncurry Hotel. The footpath is lined with drinkers offering suggestions on tactics. One woman is quietly eating fish and chips oblivious to her surrounds. Now back through town and I have settled into a steady pace - 22 minutes for 5k. This feels OK.

I had settled on the run tactics long before the start. I needed to run a sub 4 hour marathon. My PW marathon was 3:48 after I had badly misjudged the pace of the first half of the Combination in 1990. I should be able to run at least a 3.45 at Forster or so I thought. I need to run at a minimum every second aid station, which are spaced every 2k's; and run all the hills including the *big hill* near the Primary School.

Where's Jonathon?

In the weeks and days leading to Forster, Jonathon said I would have to put time into him on the bike. I had seen him on the bike course at Coomba Park Road and estimated he was some 30 minutes behind. With 30 kilometers to go maybe I can build up a 40 minute lead. I see him again at 17 kilometers; he is seven and half k's behind.

He is a specialist runner, with a third place in this year's Six Foot Track six weeks earlier and looking very comfortable. I do not talk, but concentrate on myself. I'm feeling comfortable and lift the pace on the run back to town. At the last corner Bruce Thomas catches me, he is on his last lap and about to finish with the fastest run of the day at 2 hours 51 minutes, third place and first Australian for the fourth consecutive time.



Above: the long-awaited finish!
Opposite page: Leahey in full flight - a study in silhouette.

To identify the runners on the second lap, a much cherished wrist band is distributed at half way. Across the bridge I falter at the turn around. Had I gone too hard in the first half - 1 hour 52 minutes. I walk through the station eating, drinking one diluted Coke and back through town for the last time. The Coke wasn't successful, repeating all the way to the top of the *big hill* where I left it.

Concentrate

Now, concentrate, it is only another 14 k's. On entering Cape Hawk Drive it is now 10 k's and *let's get serious*. To the turn around I lift the pace, climb the hill and grab a drink, I can't stop it is not far. Just think of the STAR runs, we are racing now. If only I could have run like this for the other 32 k's.

I see Jonathon at the corner, 4 k's behind, I have only 6 to the line. I would have to break a leg !!! The run into town goes on and on and on, ask Chris Gunns. Haven't time to stop, grab a drink, half over the head and the rest consumed. Feeling OK, can't run much faster or can I?

Can I make it?

Look at the watch and it is still sub 10.30 can I make it around the last corner, it is 4.30 pm the sun is low, the crowd are calling, the last hill!!! merely a rise, a bump normally but now a hill, it is fantastic, the right hand chute is all mine as I pick up another 2 runners. It is 10 hours 27 minutes and 38 seconds a PB by 20 minutes achieved five years ago with Murray Town.

It is the best feeling !!!!!

Jonathon in his first IRONMAN finishes in a fantastic 10 hours 44 minutes after running 3 hours 28 minutes, the 43rd fastest run of the day.

Murray finishes his fifth Forster and his sixth IRONMAN in 11 hours 25 minutes. He obviously did not run fast enough because the following week he and Jonathon both ran Brisbane Waters Bush Bash.

Sarah, on a big comeback, has finished in the top three in all the NSW State Championship Races over Sprint, Olympic and Long Course and had trained very consistently all summer. Unfortunately some bad water on the bike course slowed her down to finish in 11 hours 51 minutes.

Striders' results at Forster

(In each case the times are followed by the overall positions and the age-category position):

Swim 3.8 k	Bike 180.2 K	Run 42.2 k	Overall
GARY LEAHEY (Age 40-44)			
1.06.28	5.30.46	3.50.24	10.27.38
470	174	161	155 of 899
45	16	12	14 of 133
JONATHON WORSWICK (Age 30-34)			
1.11.36	6.04.11	3.28.32	10.44.19
629	525	43rd	211 of 899
149	122	7	56
MURRAY TOWN (Age 50-54)			
1.14.52	5.58.39	4.11.45	11.25.16
705	459	300	390 of 899
13	8	6	7
SARAH ENTWISTLE (Age 40-44)			
1.16.29	6.10.49	4.24.24	11.51.42
750	581	425	396 of 899
6	4	4	4

Fuelling the Fire

The Real Reason for Long Rides (and Runs)

Adapted from an article by Rick Niles

[Editors' note: This article is adapted from an article by triathlon coach Rick Niles, published in US Triathlete magazine. Although it is aimed at triathletes and duathletes, and specifically refers to long rides, the same training principles apply to long runs, and it is of great relevance to all those Striders who do every long ride or run flat out and then wonder why it takes them so long to recover.]

As a general rule, if your 10k run time in an Olympic distance triathlon is more than four minutes slower than your road 10k time, your

running is not the problem. It's more likely that you have depleted your energy stores on the bike.

Even if you are skinny, you have enough stored fat to do 10 Ironman distance races back to back without taking in anything but water. The problem is you will run out of carbohydrate stores in about two hours which is long before you can even put a dent in your fat warehouse.

The simplest way to explain the relationship between fat and carbohydrate is that "fat burns in a carbohydrate flame". You use both energy sources at the same time, but carbohydrates keep

the fires burning. When they run low, the flames turn to dying embers. We know this as "hitting the wall" (or, as the Americans say, "bonking").

Fat metabolism vital for endurance

Abundant carbohydrate stores are essential to metabolise fat; and fat metabolism is vital for endurance performance. Because you spend more time on the bike than running or swimming, it's more important still. You can train your body to use less carbohydrates and more fat, to conserve what is scant (carbohydrate) and squander the abundance (fat).

Cycling is a power sport. Each pedal stroke involves a tremendous amount of force. The faster you go, the more force is involved. The exponential functions of aerodynamic drag cost almost four times the power (or energy) to go 40 kph versus 25. As more force is required, more muscle fibres are recruited. First, you use slow twitch muscles which store and use fat to produce energy. As the effort or duration of the exercise increases, you begin to recruit fast twitch fibres which primarily use carbohydrates. If your legs feel rubbery after you get off your bike, it's in part due to carbohydrate depletion. The fitter you are, the more you can rely on your slow twitch fibres to do the job, and delay fast twitch recruitment.

Turning on the fat switch

You can't just turn on the fat switch, it is more of a blending process. For the first hour of exercise, no matter what the intensity, carbohydrate usage is up and then it begins to drop. After about one hour, a process called lipolysis releases fatty acids from fat stored throughout your body into the bloodstream, which then can be used as fuel. If you've ever felt a surge of energy after you've been riding awhile this added fuel source could be the reason.

By riding at an easy effort, around 70 per cent of your maximum heart rate, let's say it's 30 kph, you will probably burn fats and carbohydrates in equal proportions. However, if you increase your pace to 33 kph you might then be at 82% of maximum heart rate, in which case you would be using 75% carbohydrates and 25% fat. One hour at this higher level can deplete your carbohydrate stores to the point where even going back to the easier effort of 30 kph is a struggle. If you ride at faster paces, the changes are even more dramatic. In order to reverse this scenario to maintain a higher speed and increase fat utilisation, two things need to take place.

Carbohydrate v. fat

Some of you thinkers out there might be saying, "Hey, if fat is such a great thing, why don't we just eat more of it and less carbohydrates, and force our bodies to use the fat?" Researchers have actually done that with dogs, and it worked. However, that theory hasn't held true with people.

Ideally your diet should consist of 60% to 70% carbohydrate. But we can train our bodies to rely more on fat stores and conserve carbohydrates. This is where distance training - the long ride (or run) comes in. And it is actually better to do them at low intensity, about 70% of maximum heart rate. The perception of effort should feel fairly light. If you ride harder than that, you actually begin to inhibit the fat burning process, and run out of carbohydrates. Your body needs to learn how to access fat stores as well as build them in the muscle cells.

How long, how often?

One long ride a week is fine. The important part is to keep the effort light. Two hours is long enough to begin to train your body to use stored fat. If you plan to race at half-Ironman or Ironman distance races you will need to build up the long ride to at least the amount of time that you expect to complete your bike segment.

If you feel hungry at the end of the ride, or perhaps I should say really hungry, then you rode too long or too fast, and you need to back off a bit and increase gradually. Metabolic adaptations are no different to muscle changes. You have to use a specific muscle to strengthen it, and the same goes for burning fat. You must use the system.

Carbohydrate replenishment in either a drink, food or an energy bar is a must for smart distance training. To make the most of fat burning, don't take in the carbohydrates until after you've been riding for about 15 minutes.

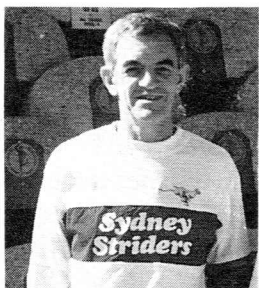
World Record for Tina!

A spectacular and unexpected world record was set by Strider Tina Campbell at the recent AGM. The previous record for the shortest time-span ever recorded was the time between a New York traffic light turning green and the taxi-driver behind you hitting the horn. However, the record is now the time between someone suggesting Tina Campbell become the club's Social Director and Tina firmly declining the offer. The Guinness people have been contacted on Tina's behalf.

Boston Marathon with the Hamills

OR: "How a black man wearing a Sydney Striders singlet won the Boston Marathon"

by Alf Field



A smiling author Alf Field relaxes after removing the boot-polish

It all started to go wrong in August last year. I received a fax from Alex Hamill while I was working on a project in London. Did I wish to join a group going to the 100th running of the Boston Marathon in April 1996? As a special concession,

one could buy an entry rather than qualifying by running some incredible time, as is the normal case in Boston. Spaces were filling up fast. I would have to hurry if I wanted to go.

Of course I said "Yes", never realising the horrific adventure that this was going to give rise to.

Costa Plenty

This is how I came to be sitting on a deck chair on a ferry to an island resort off the coast of California called La Costa Plenty. Alex had suggested we spend a couple of days playing golf there to help get rid of the jet lag.

In the deck chair next to me was a serious faced man with piercing dark eyes. The strange thing about him was that despite the balmy weather he had a blanket over his knees. In the idle chatter of such moments, I confessed that I was headed to Boston to run the Marathon. Strange coincidence, he was also going to run Boston, but he had been *invited*.

Just then Brenda Hamill arrived and perched on the edge of Serious Face's chair. SF (as I will call Serious Face hereafter) seemed to take exception to this. In a flash the blanket was over Brenda's head and SF was pummelling her with his fists.

You moron

"Let her go, you moron," I yelled at him, but SF continued hitting Brenda, a mad gleam in his eyes.

I swung a round arm punch at him, but my fist just glanced off SF's chin. It seemed to bring him back to his senses and as he looked up, Brenda escaped, with me in hot pursuit.

Poorer than a Lloyd's Name

"You punched him?" Alex asked incredulously when Brenda and I had tracked him down and told him the story. "Don't you realise that's assault. He will sue the pants off you. You will be poorer than a Lloyd's Name!" Alex strongly advised that I go and apologise to SF and try to smooth things over.

So I went in search of SF and found him at the bar. "Sorry about that, mate," I muttered apologetically. "Can we shake hands and forget about it?" I stuck out my hand.

SF said nothing, but when he took my hand, his hand was cold, hard and *squeaked*. I looked down. It was a *prosthesis*! I looked at his left arm. *Another prosthesis! Two artificial arms!*

"What happened to your arms?" I gasped.

"Eaten by a shark," he replied laconically, "but I lost my legs in a car accident." I looked down. *Two artificial legs!* I felt faint. A man with no legs and no arms!

"Sorry, but I can't forget about it" said SF. "it's like winning the lottery for me, your slugging me like that. I've already phoned my lawyer and the police. They will be out on the next ferry. You sure are in the deep dirty. Assaulting a man with no arms and no legs is going to cost you plenty."

Nightmare

I staggered off to find Alex and Brenda. By this time we had arrived at the island of La Costa Plenty and I found them having a drink with Bryce Courtenay, who had arrived the day before. I poured out the details of the nightmare that I found myself in.

"I know this guy," exclaimed Alex. "The Boston Athletic Association are paying him half a mill to run the Marathon on his prostheses. And an advertising agency is paying him another half a mill for a new client. Fortune 500 company. Great campaign.. Unlimited budget. They've got his picture on billboards all over the country."

I felt even sicker.

Bryce: positive thoughts

"Never mind," said Bryce. "You'll be famous. You'll be able to write a book about it." Bryce always looks on the bright side of things. "Oh Bryce," I sobbed, "I wish I hadn't punched him."

"Hindsight!" snapped Bryce. "Just hindsight.

Can't look back. Always got to look forward. Think positively."

Bryce was right. I had to look forward, I had to get out of La Costa Plenty before the law and lawyers arrived.

"Charter me a helicopter, please." I pressed a \$100 bill into the Concierge's willingly receptive hand. "Certainly, Sir. It will be here in 45 minutes." I had barely enough time to collect my bags and say farewell to Alex, Brenda and Bryce.

Costa Plenty More

"Where to?" asked the helicopter pilot, a pleasant smile on his face. I said the first word that came into my mind: "Boston." I guess that I still wanted to run the Marathon. The pleasant smile disappeared from his face. I could see that this was going to cost a plenty more. I was right.

Helicopter is not the ideal way to cross the USA, but it kept me ahead of SF, his lawyers and the police.

The first thing I saw on the taxi ride from Boston airport was *the billboard!* There was a picture of SF on it, sans his prostheses. No arms. No legs. Just a torso. The copy read "I'm going to run the Marathon, too" and then some blurb about the company sponsoring the ad also never giving up.

Becoming a black man

I had told the taxi driver to go directly to the Marathon registration centre. I figured that it might be dangerous to register as myself. I needed a new identity. As I entered the hall I picked up the list of competitors and ran my finger down it. There it was. "Moses Tanui - Kenya." That's it, I thought. I'll become a black man. Great disguise.

Having been a boy scout, I'm prepared for every emergency. I ducked into a loo and pulled out my Kiwi black boot polish. Five minutes later I emerged blacker than the best Kikuyu. I gave thanks for not having bright blue eyes and can vouch for the fact that Kiwi does wonders for grey hair.

Getting Moses Tanui's number took a bit of persuading as I had neither registration card nor passport in that name. What clinched it was a bold: "Surely you recognise me. I am one of the elite, invited runners." I even got admission to the preferred start area!

As I left, I gave my registration card to another official and asked her to give that number to anyone who claimed to be Moses Tanui. That is how I came to run the Boston Marathon as Moses

Tanui and how Moses Tanui came to run as Alf Field.

I met up with Alex, Brenda, Bryce and some of the other Sydney runners - Geoff Taylor, Danny Culbert, Geoff Doubell and Brian, (whose surname I have forgotten) in a pleasant, grassy clearing in the woods near the start. All my exposed skin was covered in black shoe polish, but I had to wear my Sydney Striders' gear. Neither love nor money could get me a Kenyan outfit.

I delayed my entrance to the start to the last possible moment and only pulled off the sweater I was wearing to cover Moses' number when we were well under way.

Quicker than the 6.30 group

These guys started quicker than the 6.30 group (now the 7.30 group) and after 2 miles I found that I was dropping off the leading pack. Just then two policemen burst onto the track and aimed straight for me, yelling: "Now we've got you. We'll teach you not to bash up guys with no legs and no arms!"

Adrenalin spurted and I surged away from the policemen, managing to regain the leading pack. I figured that if I could stay in the middle of the pack, that the policemen would not be able to get to me. I noticed a police helicopter overhead. It helped to keep the thighs pumping.

I was running faster than I had ever run before. It's amazing what fear can push one to do. I found that drafting off these quicker runners helped to suck me along in their vacuum. What a wonderful feeling it was.

Felt Naked

Suddenly the pack diminished to five and I began to feel naked and exposed, but the crowd was so thick that it was impossible for the police or anyone else to get in to apprehend me.

A sudden sharp right hand bend and there were only three of us left. Another sharp bend, to the left this time, and the finish was in sight. I realised that this was probably the only time I would ever have a chance of winning the Boston Marathon. I put my head down and went for it.

The crowd was yelling excitedly: "Moses. Moses! MOSES!!" The two runners in front of me parted like the Red Sea and, in a flash, I was through the gap and breaking the tape. I heard the announcer shouting over the PA: "Moses Tanui wins it in 2.09.16."

I can remember thinking: "The boys at home aren't going to believe this. A 49 minute PB! That

should be good enough to win the Improver's prize in the under 3 hour category at the Striders' Awards this year." My troubles weren't over yet. Men with TV cameras on their shoulders, reporters, policemen and officials were converging on me. I just kept running, yelling over my shoulder "Got to get to the loo," as I grabbed a space blanket from a pile on the sidewalk.

Sprinted for the Portaloos

I sprinted towards the multi rows of Portaloos which awaited the 40,000 runners behind me. I could hear the people chasing me yelling: "Stop! Stop, you idiot!"

I ducked into the third row of portaloos and slipped into a cubicle before the following pack were anywhere near. I ripped off my Sydney Striders singlet and used it to wipe off the black boot polish. I could hear portaloos doors being opened and slammed shut as the hunters looked for me.

I threw my lovely coolmax singlet, now a grubby black instead of its usual brilliant emerald green, into the loo, wrapped the space blanket around me and stepped outside.

"Hey, you" someone yelled at me. "Did you see a black man in a Sydney Striders outfit run past here?" "Sure," I said, "He went that way."

The crowd of pursuers surged off in the direction of my pointing finger while I went to sit under the letter "A" (for Australia) in the meeting area to await the arrival of our group.

Striders' results

Geoff Taylor, looking spruce and ever comfortable, without a hair out of place, arrived in 3.20; Brenda Hamill in 3.55; Alex Hamill, Danny Culbert and Brian in 4.15, while Bryce Courtenay managed to arrive smiling despite the pain in his foot, in 4.50. SF, I believe, finished in 6.12.

The verdict: One of the greatest marathons we have ever participated in.

[Author's Note: Most of the above is true.

PS: Moses Tamui had a most enjoyable, quiet run, finishing in 3.37.35, recording a negative split.]

Yuppies Disrupt AGM

Striders at the recent AGM were irritated by the sound of Nobby Young and Kevin O'Kane walking around the room talking on their mobile phones. However, annoyance turned to smiles when it became apparent that these 2 incorrigible yuppies were talking to each other.

Sources and Media

by the Blister Editors

We recently overheard the comment that "Blister #60 contained too many items from the Internet". Certainly, any magazine whose contents came largely from one source would be terminally tedious, but on reflection, we feel it's important to make the distinction that the Internet isn't a source, it's a medium. Nothing originates there. You don't get items FROM the Net. You get them VIA the Net, from elsewhere.

In our opinion, the volume of material which comes via the Internet is no more important than the volume which arrives on floppy disks. (Or, in the case of Irwin Light's contributions, the volume which arrives on smudged, blurry faxes of crumpled handwritten prescription pads.) The Net is just a new, and very handy, medium through which we can locate potentially printable material. What's important is not the material's medium of transmission, but its relevance, substance, and interest value to readers.

Perennial production nightmare

Admittedly, some of the 10 articles in Blister #60 which came to us via the Net (running-related snippets, urban myths, non-running oddities) were, in terms of relevance and substance, a couple of pleated skirts short of a netball team. These items, while not strictly necessary, do serve some purpose. They provide variety and good humour, they fill awkward little spaces, and they solve the perennial production nightmare, namely that the page total MUST be a multiple of 4!

The unstated but pretty rigid rule, however, is that such items never dislodge contributions written by or about Striders themselves, which get top priority and very (very!) rarely get knocked back. Other running-related or fitness-related items come next, then items on non-running topics.

The Internet did bring us 3 items which, we believe, were directly relevant to our club, or to its individual members travelling internationally, or to our city as future Olympic host.

Our aim, of course, is to bring you a bright magazine with a variety of reading material on mainly relevant topics, with a balance between items from members and from other sources. We see the Net as a valuable medium by which we can broaden our scope and fulfil our aim, and would be interested to receive readers' feedback on this matter.

The Whitfield Years 1981-1989

by Kevin O'Kane

As the past recedes at a rate inversely proportional to my speed, some of the big questions in life demand to be answered. What is the nature of man? Who knows. What is the nature of woman? God knows. Is inner peace ever really achievable? No - not while the Whitfield PB's are there to haunt me.

But, going backwards, why does this rivalry endure, years after Ian Whitfield is clearly incapable of further physical confrontation? Perhaps there is something in the past to give a clue.

June 21, 1981: Ian hasn't run since his schooldays. Over a few post-squash beers, we arrange (well maybe there was a little coercion) to run the Belrose-Davidson Fun Run (8 kms), one of the hilliest of fun runs. I start off at my (then) usual 4 mins/km pace.

His tongue sweeps the dirt

At 2km I look into the distance at the leaders, and there's Ian loping along beside them. At 4.5 km I pass Ian wheezing up the 19th hill, his tongue sweeping the dirt between his brand new LDV's. O'Kane 1, Whitfield 0. (That was the last time I was in front.)

January 13, 1982: At Waverley Twilight Joggers' weekly 3km handicap, I shatter my previous PB, running 10.54. Whitfield runs 10.30. To hell with short runs - I'll marathon him. He's never run a long one.

May 2, 1982: Harbord Diggers' Marathon, Manly. Drawing on my vast experience (I previous marathon), I "coach" Ian along, holding him back, knowing I'll take off at 35 kms and leave him a broken and humbled runner. **34km:** Ian takes off. I run 3.29, a 25 minute PB. Whitfield runs 3.23. Next time!

May 29, 1983: Leader 10 km Fun Run, Kogarah. Time to sharpen up, 2 weeks before I take out Whitfield in the Australian Marathon. I let him lead out, but he's never far in front.

9.8 km I surge past his jellied remains. O'Kane 38.13, Whitfield (depositing breakfast in a tasteful technicolour display) 38.15.

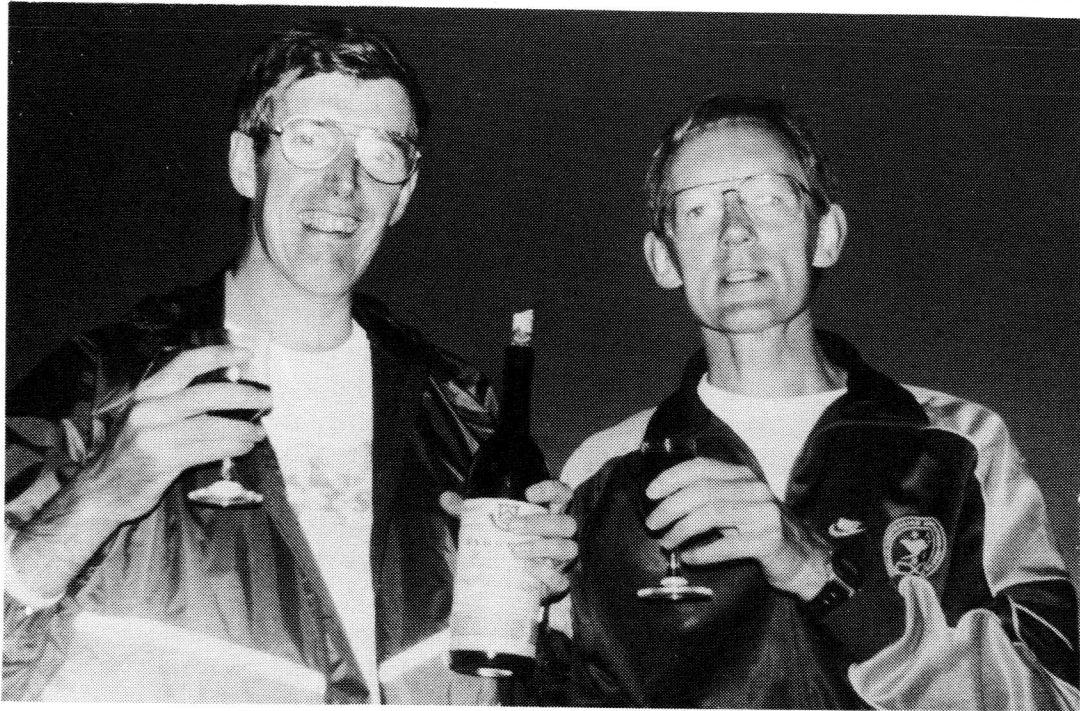
June 12, 1983: Wang Australian Marathon, Sydney. As we're both in good shape, we keep an eye on each other. We stay together to about 35km, when my brother Mick offers us a beer. Mick's like that. At the sound of the word



"Tooheys", those long Whitfield legs start pumping. Mine don't. Maybe he'll get tired. He doesn't. O'Kane 3.18, an 11 minute PB. Whitfield 3.13.06. Damn! (Or words to that effect) Next time!

June 9, 1985: Wang Australian Marathon, Sydney. I'm in just about the best shape of my life. There's no way he'll see me today but, more importantly, his PB is ancient history. I have my 3.10 pacing chart with me. **8 km:** I drop Whitfield behind, feeling like I'm floating. So I throw away the chart. The first 10 kms flies by in 42 minutes, as does the second. I go through half way in 88 minutes (8 minutes under my Half PB). The third 10 kms also passes by in 42 minutes.

In my madness, I calculate that I'll run sub-3 if I just run the last 12 kms at four and a half pace.



Perhaps the definitive photograph of Ian Whitfield and his drinking partner Bernie King, captured on celluloid for posterity at National Running Week, Thredbo 1989. The wine is red, a superb example of Mr Murray Tyrrell's craft; caressed lovingly by the connoisseur King, quaffed eagerly by his less discriminating companion Whitfield.

32 km: On a small rise, I try to lift my legs, but nothing happens. It's going to be a long last 10. My pace slows from 4.2 to 4.5 to 5.0. As reality kneecaps me, my ebbing consciousness focuses on the one really important thing left in life - Whitfield's 3.13 PB.

"Get stuffed", my legs reply

With 5 kms to go, I only have to run 6 minute/km pace to go under 3.10. "Pleeease, legs!" I implore. "Get stuffed" they reply. Stuffed was right. I finish the last 2 kms at 7 and then 8 mins/km pace. 3.14.38. ONE PATHETIC MINUTE! Next time!

August 4, 1985: The City to Surf. The Thursday before, after skiing down through ice and rock at Perisher, I hear a call from an oddly familiar figure in the world's oldest blue balaclava. As I turn towards the noise, on a perfectly flat approach, the front tip catches, and I hear the fibres of my right knee ligaments going their separate ways. Through the fog of pain the sound above my twisted body crystallises "Are you all right, mate. Ha ha ha." Yes, Whitfield. All day Friday on the lodge floor, my ice packed leg in the air. Saturday, and I can put just a little weight on the leg.

Sunday morning, with the knee bandaged so tightly it could not move at all, somehow I limp from the cab to the start. Running on one leg, I hobble up and down the hills surprisingly quickly. At Campbell Parade, there he is! I take a wide line around the unsuspecting Pom and hop frenetically to the finish, 20 seconds in front. The look on Ian's face when he finds out was almost worth the two months on crutches.

The true meaning of "dead heat"

January 3, 1987: Palm Beach to Manly 30kms. It's hot, it's humid and it's Whitfield and O'Kane again. Up and down the hills, first one and then the other leads. **28k:** I roar into overdrive past him as we hit North Steyne. He's struggling. **28.5k:** He sprints past me. Why does he always do that? **29k:** I dig deep and surge back up to him, but he won't let me pass. We both "sprint". Ouch! **29.5k:** I look at him, he looks at me - it's agreed. Our first and only dead heat. We're both dead and we're both hot.

March 15, 1987: Lane Cove River Park. For no good reason, I run the Internal Half Marathon in 89.10, inside Whitfield's 4 year old PB. At least that's one he won't take back.

July 11, 1987: Bathurst Marathon. I know

I'm in 3.10 shape. HIS 3.13 must go. So what happens - a bitter 50 knot wind in our face, that's what! Next time!

July, 1988: Whitfield sneaks away to the Gold Coast and runs 88 minute Half Marathon. The course must be short. Damn again!

Nobody runs around those elbows

January 14 to 21, 1989: National Running Week, Thredbo. There's a bottle of champagne on who wins the most races in the week. Starting the last event, it's O'Kane 2, Whitfield 2. The final showdown, the Crackenback Challenge. It might only be 2kms, but it's straight up under the chairlift. So steep that the winner does about 19 minutes. At the start, I use the navigation skills honed on Sunday STaRs, and veer to the track to the left rather than take the steps under the chairlift. When I come out from behind the trees, Whitfield is about 400 metres in front. Smart move, Kevin. After another 20 minutes of lung searing effort, I'm 5 metres behind, but on a narrow track. Nobody runs around those elbows on anything narrower than a six lane highway - he sharpens them before every run. I jog at half pace to the end, with no room to pass, the champagne dribbling sadly away. I hope he had a hangover.

These scenes were repeated many times in the 80's. Ian always went out hard. Sometimes he broke me. Sometimes he broke himself. Maybe (without admissions) he won a few more than he lost - when I wasn't trying. But we were so even that, after a decade of competition, there was still nothing between us - except those PB's.

Not a good batting partner

I've learned a lot about Ian Whitfield over the years. I've learned never to go fishing in a small boat with him, or stand next to him on a T-bar (how many people go up the T-bar in a four foot snowplough?). And I've learned never to go in to bat with him at the other end, unless you enjoy being run out by 5 metres. And I know that he should never be allowed to drink too much - have you ever heard him singing English football songs at 2.00 am after a bottle and a half of good red? But I still can't fathom how those ungainly arms and legs could possibly propel him along a road at a speed faster than I can manage.

Rivalry? Certainly, but why? What does it matter whether or not I can beat a few old times? Is it just my way of fighting back the approach of middle age - to show that I'm still what I was, physically? Perhaps, but probably not. Is it a

function of common aims, abilities, experiences? Getting closer. But really, it's just plain, old fashioned male competitiveness - the need to put an obviously inferior athlete in his place. No, I won't rest until I can ensure his grovelling acceptance of my ultimate superiority as a distance runner.

So, if you see me staring vacantly ahead in a race or on an early morning run, it's not the scenery I'm looking at. It's the ghost of a tall Pom with greying hair, two taped knees and a few extra pounds. And I'm going to get those PB's yet - next time!

Postscript

April 14, 1995: Canberra. My training with the Marathon Training Group keeps me on course for a 3.10 in the marathon, although the Group members seem puzzled by my target time of 3.13.05. My training goes too well. 10 days before the marathon, and I haven't had an injury since I started training 6 months before. But that old oil filled heater just needed to be put out - no worries, the stiffness in my back would soon go away. 14k's into the marathon, and it feels ridiculously easy, even though I'm on target. The first back spasm comes at 15kms. The second half takes more than half an hour longer than the first, with a huge fade to 3.43. I try to hide as I struggle to the line, but as I cross it, there he is. "You don't look too good. Ha ha ha." All right Whitfield, just you wait untilNEXT BLOODY TIME!

Musical Quiz Corner

by Terry McIver

First, answers to the questions in Blister #60:

- (1) The Searchers in 1964;
- (2) Reginald Dwight;
- (3) Mark Chapman, 8 December 1980;
- (4) Drummer for The Who;
- (5) "I wanna be your man" by John Lennon and Paul McCartney.

Well done Tina Campbell who scored highest with 3 out of 5.

So far not too many of you lot out there seem to know too much about music. May be I should make the questions a bit easier for you, and throw in the odd non-musical one. Try these:

- (1) Who sang Imagine
- (2) Who sang Stair Way To Heaven
- (3) Who sang Maggie May
- (4) Who sang Livin' Doll
- (5) Who won the F.A cup final in 1965??

Sydney Striders Road Runners' Club

Marathon Training Group

Edited, written, produced and distributed by Kevin O'Kane
Tel: 449 1435 (H) 283 3355 (Bus.)

KO'K

Canberra Marathon Results

Breeda Kelly	3.36	Debut
Kevin O'Kane	3.43	
Nick Thomsen	3.43	Debut
Michelle Baskin	3.53	PB
Elana Leigh	4.21	Debut
Rozanne Green	4.22	Debut
Lesley Clarke	4.33	Debut
Michael Bailey	4.36	Debut
Vicki McGill	4.38	Debut

That's all there is

It's been an interesting six months. Plenty of highs, and a few lows for some of our members.

The marathon statistics are revealing. Of those listed in the January newsletter who had started out to run in Canberra, there were 7 who had never run a marathon (including Vicki, who decided to run the Marathon somewhere along the line), and there were 8 who had run at least one before. All 7 debut marathoners started and finished at Canberra, but only Michelle and I of the others did so. Michelle did a big PB.

As for myself, I might have missed a PB in Canberra, but there were more than enough plusses to make up, including:

- Strider of the Month, November.
 - The President's Award at the annual dinner.
 - Winner (out of 450 runners) of the individual trophy in the Corporate Cup - it's amazing what hard training can do.
 - Most of all, I had a great time training with the Group - even Nick.
- I hope the rest of you enjoyed running with the Group as much as I did.

Group Awards

Mad as a Cut Snake Award

Only one choice here. Not only did this runner scorch along the Six Foot Track Marathon in 5 hours 15 minutes. She then drove back to Sydney to run a few legs of the TAB relay at Homebush straight afterwards.

Breeda Kelly

Traffic Awareness Award

Two nominations here, but, as the dog was kept under some sort of control, this runner gets the award for his work in educating drivers who may not have known that runners own the road. Some didn't agree, but anyway he's still alive.

Michael Bailey

High as a Kite Award

This runner was hyper-nervous (actually she says she was just excited) before the Marathon, and suffered from a severe case of "runner's high" after.

Elana Leigh

How do you Feel Award

For the most expressive body language during the Marathon - "if it hurts, show it". 2 candidates, but as I couldn't see myself, the award goes to

Lesley Clarke

Respect for Fellow Runners Award

This runner, when passed by a fellow Group member in the Palm Beach to Manly, really knew how to make her feel good. His comment: "I must really be running slowly if you can run past me".

Bill Blecha

INSIDE

② Profiles of Group Graduates

④ Also Ran (not also-rans)

⑤ Pictorials



ROZANNE GREEN

Rozanne knew what she wanted to do, and she did it. She ran very strongly both at Palm Beach and at Manly. And did she enjoy it!

PALM BEACH TO MANLY 3.05
CANBERRA MARATHON 4.22



MICHELLE BASKIN

The quiet achiever of the Group. Trained well and raced well, with a big PB in the Canberra Marathon

PALM BEACH TO MANLY 2.51
CANBERRA MARATHON 3.50



BILL BLECHA

One of the keenest slow groupers for the first half of our training. Was running well until late January, when a stress fracture got the better of him.

PALM BEACH TO MANLY 3.16



MANFRED FIEDLAR

Manfred ran strongly at Palm Beach. He was injured while training for the Six Foot Track, but ran it anyway. As he was overseas in April, his marathon PB will have to wait until next time.

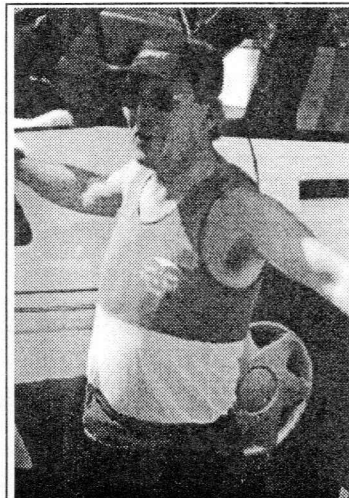
PALM BEACH TO MANLY 2.49
SIX FOOT TRACK MARATHON 6.45



LESLEY CLARKE

Lesley started out with the aim of doing one marathon, and then returning to sanity. She hardly ran at all for the last 3 weeks because of injury, but still backed up and ran the Marathon. Is it too late to return to sanity?

CANBERRA MARATHON 4.33



MICHAEL BAILEY

Michael started out with a single minded determination to finish a marathon, and did everything by the book. He was rewarded with a good run in Canberra.

PALM BEACH TO MANLY 3.19
CANBERRA MARATHON 4.36



VICKI MCGILL

Did not necessarily set out to run a marathon, but ended up one of the most consistent trainers.

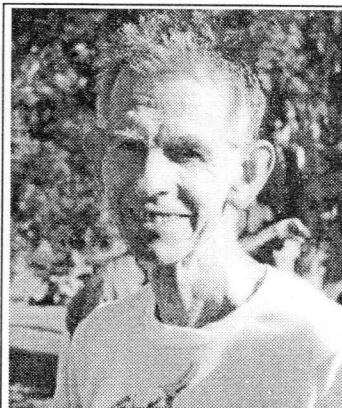
CANBERRA MARATHON 4.38



BREEDA KELLY

The only Group member to do all 3 major runs. Fastest Group member in the Canberra Marathon and ran a sensational Six Foot Track Marathon.

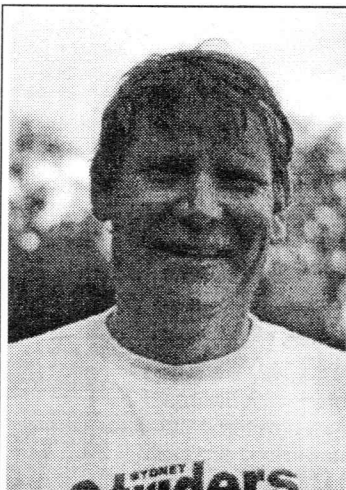
PALM BEACH TO MANLY 2.45
SIX FOOT TRACK MARATHON 5.15
CANBERRA MARATHON 3.46



BRUCE MURRAY

Kept the faster group on their toes consistently, and was the fastest of the regular Group runners at Palm Beach.

PALM BEACH TO MANLY 2.37



NICK THEMSEN

Trained hard the whole period, and was never going to miss out on his aims. 3rd Group member in Canberra.

PALM BEACH TO MANLY 2.55
CANBERRA MARATHON 3.43



MARGARET WHITE

After a good run at Palm Beach, Margaret ignored very painful shins to run strongly in the 6 Foot track. She was a very supportive member of the slower group, and often pulled others through on those long Sunday runs.

PALM BEACH TO MANLY 3.05
SIX FOOT TRACK MARATHON 6.22



ELANA LEIGH

If you want to know how to run a marathon on nervous energy alone, ask Elana. She also trained with commitment, and was a very supportive Group member. Her enthusiasm after the Marathon added to everyone's enjoyment.

PALM BEACH TO MANLY 2.58
CANBERRA MARATHON 4.21

Also ran, not also-rans

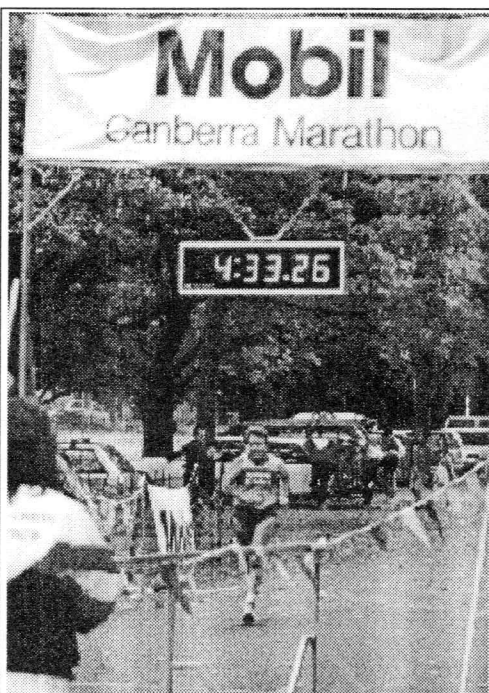




Rozanne not unhappy with her run



Rozanne, Michelle and Elana celebrate



Lesley sprints to the line



Two happy marathoner recover. The F60 isn't really Vicki's age category. She only feels like it.



The week after at Centennial Park

My First Year as a Strider

Nick Themsen

It all began in February 1995 when I had liberated my lungs (for I don't know which time) and started to gain weight. A quick decision was made: the new and healthy lifestyle had to include some exercise and since I've always dreamt about running a marathon, what better way to exercise than running!

I started running around the block where I'm living. That meant a few runs per week at a very moderate speed. As a matter of fact initially 3.5 k was more than enough for the old body. However some challenge was required and then you start entering the various fun-runs, amongst these also the Strider arranged run to SCG. Here I picked up an entry form and joined a running club. If somebody had been prepared to take a bet on that ten years before, I would gladly have taken the bet 100:1 - in favour of what, I'm sure you can guess.

My reasons for joining a running club were several. First of course, I wanted to run with somebody else, not just pounding along alone. Secondly I imagined a running club to have regular meetings where training, equipment, injuries, preparation etc were subjects to teach newcomers in order for them to maintain interest and get the most out of their common interest. I received an introduction letter from the president and the current calendar for STAR events. Nothing further happened, I got injured, didn't want to turn up the first time and not be fit enough to complete a run etc.

Slowed down by his dog

Anyway the result being that it wasn't until July 1995, I participated in my first STAR after a call to Chris informing me that 10k started at 7 am. At Wahroonga Park I introduced myself to the host as a new kid on the block and went for a run with Bill Blecha and Phil. I followed Phil, as Bill was slowed down by his dog. After the run of 14-15 k, I learnt that Phil ran 10k in 42 minutes. No wonder I couldn't follow him for more than a few k and then returned alone to the park, paid my \$2, drank a Coke and returned to my residence more confused - and definitely more tired - than when I left.

I did continue my training alone, because I wanted to participate in the City to Surf, and as a preparation for this, I went for the Memorial Equaliser. It all went well until reaching Jim at the

waterstop. There was water, but I was probably exhausted at that stage to listen to any instructions and consequently I ended up on Mona Vale road. With no Striders in sight, I returned to the drink station only to find that it had ceased to exist. As the course was completely unknown to me, the only thing to do was to return the same way as I came - and so I did.

People everywhere

City to Surf: For someone who had never participated in any big events before, I had to start at the back of the pack, which gave me plenty of opportunity to "smell" and indulge in the atmosphere surrounding a marvellous arrangement as that particular run is. There were people everywhere, running, singing, playing, walking, drinking and if you had the need for a shower, just get under one of the hoses that the residents along the route provided so freely. I came through in 77 minutes and taken into consideration my start position, I was very pleased. I ran all the way and didn't even stop to walk the big hill.

Sydney Marathon - 10k: My next experience of racing came as I decided to run the 10k arrangement in conjunction with the marathon event. Although suffering from an injured knee, I managed to get to the finish line in 46 minutes. I was happy with that, but the incident that I remember most clearly occurred about the halfway mark. I had at the previous STAR bought a Strider singlet, specifically to wear it on the day of the marathon. If you flagged the colours of a running club, they might not take you for the novice in the sport as I really was. The steam was about to leave the balloon as a result of starting too fast probably, but also a constant pain in my right knee.

And there out of the blue, running against us on the footpath came a small group of Striders and amongst them Joanne Cowan. They were going at a moderate tempo looking at the field and Jo caught the sight of my newly bought singlet. "There is another Strider, hey keep going..." and some more encouraging words. That got me through the next couple of k's and I must admit at the time I felt like one of them.

My knee was not well

The following day, Monday, I visited my GP across the road from my office. The knee was not very well. I told him that I planned to run a half

marathon within the next 3 weeks - my first - "I don't have time for relaxation and/or stop training, doc, what can you do?"

"Slow down to half pace and distance next week, take these pills for 8 days and you'll be fine. By the way, you might be interested in this." - and out of his draw came the medallion for completing the Sydney Marathon the day before!! You should have seen my eyes, not to mention my lower jaw which I picked up from the floor leaving his surgery with the following comment: "When you have finished the Bankstown 1/2, just ask yourself if you want to do another one. Then you know how I felt yesterday."

Bankstown Half-marathon: The GP's pills and/or advice helped. I managed to get my knee in order and felt like a million dollars on the morning on the starting line. I had picked up my race number the day before and had driven the course in order to familiarise myself with the surroundings. My aim was to do the first half of the race in 50 and the second lap in 55 minutes. I came home in 103 minutes, so I was more than pleased with my performance. Naturally I didn't see Darren Benson or Andy Lloyd until the prize ceremony, but somehow it felt good to see a Strider up in front and again the feeling of being -nearly- one of them.

Pitiful experience

After having achieved the milestone of running 21k, taking into consideration that I barely could run 5k 6 months earlier, I relaxed for a couple of weeks and didn't do much. Then came an overseas trip for another 3 weeks and before you get started again - I mean really started - 8 weeks had gone. My first STAR thereafter was the Pymble Pushover and I simply couldn't believe how difficult it was to just run 15k. I walked several times back through the bush and it was really a pitiful experience. At this stage my mind was set on a full marathon, not a firm and fixed determination, but a picture had formed itself in my mind. How on earth should this dream ever come through when 15 k felt like this. It was about this time I joined the K O'K established Marathon Training Group. And I must admit that if that opportunity hadn't occurred, I probably wouldn't have got any further. Thanks Kevin.

We gradually increased the distances and around Christmas time, my wife in one of her philosophical moments, commented on the intensity and development in my performance in the following way: "Can you remember how much

fuss and disturbance you created leading up to your half marathon - and now you are running more than one every week!". The Sunday arrived when we cracked the 25k, although it didn't happen without a bit of pain. Not as I recall it from running, but because I managed to put a thorn through my shoe and deeply into my foot at around the 15k mark. Manfred was the man of the day and got the thorn out of my shoe, Penny the woman of the day getting me to the end of the course.

Those bldy shoes**

Palm Beach to Manly: As it was told by some of the members of the group: "It is compulsory to participate!!". My nephew had joined the group in mid December and he and I had decided to do 2h30 and 2h45 respectively. He did his in exactly that time although never been running more than 12k before coming to Australia, whereas I didn't quite meet my target. I came in at 2h55. However I am convinced that I could have met target if it hadn't been for those bl... shoes.

After 20 k I had burned off most of the stored energy (which I'm sure didn't affect my time at all) but at the same time my big toes started to tell me that they didn't like to be treated the way they were. I told them to stop complaining, but they behaved like naughty kids and didn't listen. As a matter of fact they disliked the treatment so much that they decided unanimously to drop their nails some days later. Nevertheless I felt it had been a good day and a good experience which I'm prepared to repeat next year. The family reception at the finishing line was champagne, in strong contrast to the "Big Fella" who emptied a very large bucket of water over our heads.

Hills as steep as an escalator

When joining the MTG one of the questions in the form was about your goal for the Six Foot Track. I asked what it was and was informed about a marathon mainly on bush tracks. My goal was to run the full distance. That was until I saw some of the previous times, found out that the course was 46k and heard that the hills was steep as the escalator at Central Station, except they were not moving and if it felt that way, it was more like running up the escalator going down!! After these horrible descriptions I decided not to try to concur the course. My sincerest congratulations to those who did!!

The MTG was over time divided into at least two groups with different pace. KO'K looked after the slow group and Bruce in his indescribable style

took care of the slightly faster. I have been running a fair few k's with Bruce now and I admire the patience, guidance and dedication with which he got us through the various STAR's. He always had a better way than the described course. And more often than not did the better way involve an extra hill. "You got to do some hills."

At the drink stops, he managed to get us to drink plenty - only to lead us past the next tap without a stop. "We don't need to drink again, the next tap is in Lindfield." When we reached Lindfield, Bruce was the first to drink and then start walking/slow running while the rest of the group had their turn. If it lasted too long, nobody was left in doubt of the purpose of the Striders. "This is a running club!!" Thanks Bruce.

Canberra Marathon: The sole purpose of all the effort put into the previous months' training was to complete the Canberra Marathon. I'm writing this on the day after the event and all the impressions have not been digested yet. One fellow was running his 300th marathon, another his 100th, and here am I being very proud of completing number one. Because I did it!! Also the fellow attempting to complete the course in 3.22 in order to get in Guinness Book of Records juggling all the way. Unfortunately the fellow didn't succeed in terms of time, but he did actually juggle all the way and finished in 3.56 - unbelievable stuff.

"This is a running club, you know"

It was a positive experience to see all the Striders participate - nearly all of them in "the uniform", right Chris - and the families and supporters along the course made it very difficult not to feel very welcome and in very high spirit. Even the kids shouted: "Come on Strider - go, go go." The only "disappointing" element was Darren Benson, who caught me in a group of Striders early in the race where the conversation flew a bit more freely than later on the course. His comment from the sideline was along the lines of stop talking and start running - with a big smile all over his face. The remark was taken in the spirit it was delivered, and caused a few laughs. This is a running club, you know!

Hope no-one had a video

My aim was to finish in 3.38 and I was pretty close to target at 30k, but drifted a bit in the latter stages and came in at 3.43, which I was and still am very satisfied with. However the Striders lycra shorts, the long ones - didn't live up to previous performance as I constantly in the second half had

problems on the inside of my thighs. In order to avoid the sting, I regularly had to pull my pants up on the backside to get fabric in between my legs. However Vaseline was provided at every drink stop, and consequently I would take a handful, and still running, try to get the Vaseline in between my legs from the front. Only with the result that I soon after had to try to get some fabric in between my thighs by pulling my pants from the back. You got the picture. I'm glad nobody (I hope not anyway) caught this action on video.

The action is over and next time it will be about a possible PB, not about finishing. That will put a new dimension to the running I suppose. It has been an exciting year as a Strider - I believe I'm entitled to feel like one of them now - and hopefully will the next year bring as many positive running experiences as the first.

Crash Drama

Alan Phillips bike group all fall down

by Graham Butler

Luck ran out one recent Saturday morning for members of the élite Alan Phillips bicycling squad; a group that has gained notoriety through previous editions of this prestigious journal. After months of near misses and a few solo "offings" the gravity force took its inevitable, grim toll on members of the group resulting in real blood and lots of bent bike bits. No other persons or vehicles apart from members of the Alan Phillips organisation were involved.

A source close to the group alleges that one particular member was entirely to blame for the "spill" which occurred at the Spit Bridge end of Parriwi Road, Mosman. The particular member is said to have a long previous record of dangerous riding, failing to ride in a straight line and performing sweeping arcs to the centre of the road without giving any warning signals whatsoever.

It was during one such performance that the particular member himself was struck by the velocipede of one of his squad fellows who had converged rapidly from behind without anticipating the sweeping arc movement. Another member, who had recently passed a St. John Ambulance First Aid examination, assessed the condition of the injured, made a mercy dash to home base and organised a rescue of the patients and their bikes. Litigation between the parties is pending.

Atlanta Predictions 1996

by Steve Cornelius

If you're expecting me to predict winners of Olympic events, I suggest you skip a couple of pages and move on. I'm not psychic, and I can't help you win any money at the bookmaker's. I deal in dead certs, on which no self-respecting bookmaker would quote you odds. Here are a few:

(1) The Atlanta organisers will take great pains not to emulate the crassness of their Los Angeles compatriots' 84 grand pianos at the 1984 opening ceremony. However, their efforts will fail. The temptation to use 96 or 100 of something (96 because it's 1996, 100 because it's the centenary Games) will be too much for them to resist. Because they are American, it will have to be something BIG (96 howitzers, perhaps? 100 x 50-girl troupes of football cheerleaders in cowboy hats? 96 Stealth bombers would make a tasteful contribution. 100 condominium-sized condoms might highlight the USA's talent for restraint and understatement.)

Out-hyperbole their predecessors

(2) A Channel 7 commentator will refer to the opening ceremony as "the greatest display in the space-time continuum". This is because it is a condition of such commentators' contracts that they out-hyperbole all their predecessors, and "space-time continuum" is the only term which can now achieve this. People doing this job in Sydney 2000 may be in a bit of strife.

(3) Channel 7 will employ at least one athletics commentator who has extreme difficulty pronouncing the letter "l". Austrayyians wiww be enthrawwed by the feats of briyyiant Itayyians and Braziyyians in Track and Fiewwd on the other side of the worwwd.

(4) Whenever anyone wins anything, the flag of their nation will be handed to them within 30 seconds from the crowd. This will demonstrate the truly friendly non-nationalistic spirit of competition in which the Games are conducted.

(5) If Kathy Freeman wins anything, the flags of *both* her nations will be handed to her within 30 seconds from the crowd. Freeman herself will confirm that this has nothing to do with politics. She will truly believe this, probably to the end of her days.

(6) Whether Kathy Freeman wins anything or not, some TV journalist who ought to know better will thrust a microphone in her face and ask a

question requiring more than a yes/no answer. Freeman will then whinny and neigh her way through a rambling, uninterrupted 3-minute cryptosentence, peppered with the adolescent punctuation "yunnoy". Apart from learning that she is "stoyked" (sic), listeners will derive little of substance from her ramblings. Since she is a national icon, and therefore beyond criticism, no-one will inform her that the use of well-formed sentences which actually predicate something and contain an identifiable verb might enhance her public's perception of her as an articulate being.

Worse, if possible

(7) Some TV journalist even more cake-brained than the one mentioned in prediction (6) will thrust a microphone at Kerry Saxby-Junna. The result will be as for (6), only worse. If that's possible.

(8) Channel 7 will refuse to inform Australian viewers of the starting time of any particular event, claiming it is all too hard and that they have to judge it minute by minute. The teaser phrase "coming up soon" will feature prominently in their commentators' vocabulary, especially just before ad breaks. "Soon" will mean, in the context of Olympic coverage, anything from "just after the ad break" to "a fortnight next Tuesday". Viewers who prefer action to waffle will be well advised to run an 8-hour video overnight, every night, and do some judicious zapping the following morning to find the 15 minutes of actual sport.

(9) Swimming commentators will again dazzle us with their ability to trim superfluous syllables. Examples for the uninitiated are fly for butterfly, free for freestyle, swim for swimming, meet for meeting, swim meet for, well, something. Get it? Just drop an unnecess syllab or two from all those nasty inconven long words. It's not diff, once you get accust to it, and it does econ beautly on your prec and valuab time.

(10) The women's 5000 and 10000 metres will be ignored, trivialised or brutally fragmented, since viewers will be regarded as having the attention span of a gnat. Channel 7's confidence in our attention span will be magically restored for the screening of the men's 5000 and 10000, which will be shown in their entirety, ad-free.

(11) Within 2 days of the opening ceremony, the phrase "just another day at the office",

referring to the ease of some champion's victory, will have been used at least 18 times.

(12) Commentators on the men's marathon will fail to do their homework and will be unable to identify the nationality of at least 3 African runners from their well-known, internationally recognised 3-letter abbreviation. This failure will be the cause of much merriment and jocularly in the commentary box, instead of the apologies and attempts at rectification one might reasonably expect.

(12) If an Australian is heard to be within cooee of finishing 18th in anything, coverage of a non-Australian breaking a world record will be interrupted. Any Australian finishing better than 18th in anything will be described as a "Great Australian" and will receive a ticker-tape parade

on arriving home. Coverage of any British athlete winning a medal will suddenly be interrupted by "technical difficulties with the satellite".

(13) The synchronised swimmers will continue to smile inanely, even at breakfast in the Olympic village canteen.

(14) The only member of the Clinton household not to feature prominently at both opening and closing ceremonies will be Socks The Cat. And even that will be touch and go.

(15) Despite all of the above, I will once again watch every minute of the second greatest show on earth and feel like a wrung-out dishrag at the end of the fortnight. Second greatest? Oh, sorry. Didn't I mention that odd-numbered years have only one real function - to keep Olympic Years and Soccer World Cup years apart.



Profile: Mike Ward

In this edition we profile long-standing Striders member Mike Ward.

Full Name	Alan Michael Ward
Place of Birth	Preston, UK
Age	43
Family	Wife Margaret, son Nicholas
Occupation	Accountant
Best Feature	Perseverance
Worst Feature	Stubbornness
Favourite non-running read	Light fiction
Favourite music	Music of the 1960s
Favourite food	Red Meat
Best time of day	Morning
Other pastimes	My family and watching sport
Person most identified with	Hagar the Horrible
Dreams & ambitions	To be still running in 10 years
Years running	14
Why started	To balance a hectic single's life
Running ambitions	To complete Bogong to Hotham
Races you are most proud of	Sydney-Wollongong and my one sub 3 hour marathon
Training partner	Odd Striders midweek and Saturdays
Pre-race preparation	No running for the last 5 days and a few beers the previous night!

(Advertising Feature)

Great Promotional Opportunity for Striders



Former Club President **MR BILL YARDBALL** now offers Striders an incomparable and unprecedented opportunity to purchase prime advertising space at an affordable price!!

When **YOUR COMPANY NAME OR MESSAGE** appears in the eye-catching space pictured above, you'll effectively have invested in a walking billboard which travels **ALL AROUND AUSTRALIA!!** Contact Bill Yardball via the Club's P.O. Box **NOW** and start **SELLING!!**

Member of the Month

by Sarah Entwistle

March: Jonathon Worswick

This month's award was well and truly won by Jonathon Worswick for his outstanding 3rd placing in the Six Foot Track in a superfast time of 3h54m. Jonathon had been training hard swimming and cycling for the Forster Ironman and had pre-race doubts about whether he had done enough running training. However, his 10 minute PB only went to prove the benefits of cross-training. In the last few months, Jonathon has also shown he is a promising triathlete with a very impressive race at his first event, the Sri Chinmoy long course triathlon in Canberra in February, followed by an equally good race at the NSW Long Course Championships at Cowra in mid-March, and a fantastic first-time Ironman at Forster in April in a great time of 10h44m. He then joined the Murray Town ranks of lunacy by running the Brisbane Waters Bush Bash the following week (we think he's regretted it ever since!).

Results

Sri Chinmoy Peace Triathlon, Canberra	swim/bike/run 2.2k/80k/20k 37/2.33/1.23 = 4:35:19
Six Foot Track, Katoomba	47k = 3:54:42 3rd outright
NSW Long Course Champs, Cowra	swim/bike/run 2/80/20 47:07/2:50:50/1:17:09 = 4:55:06
Australian Ironman Triathlon, Forster	swim/bike/run 3.8/180/42.2 1:11/6.04/3.28 = 10:44:24
Brisbane Waters Bush Bash	47K = 4:13:00 7th overall

April: Gary Leahey

Gary is also very deserving of his award having come back from a disastrous mishap in the Paris-Brest-Paris race last year, with ensuing injuries to interrupt his training, to carry off a 24 minute PB in the toughest race of all, the Forster Ironman. From January, having not been able to run for two months, Gary gradually picked up his training - and speed - starting with the NSW Triathlon Sprint Championship at Callala Beach. He then worked his way through the longer events, showing blistering form at the Cowra Long Course Championship in March, before his great race at Forster, when he frustratingly missed qualifying for Hawaii by just one place. There's always next year, Gary!

Results:

NSW Sprint Champs Callala Beach	swim/bike/run 0.5k/20k/5k 11:55/38:21/21:30 = 1:11:47
Sri Chinmoy Peace Triathlon, Canberra	swim/bike/run 2.2/80/20 36:52/2:21:17/1:39:15 = 4:35:25
NSW Long Course Champs, Cowra	swim/bike/run 2/80/20 44:13/2:38:28/1:22:07 = 4:44:48
Australian Ironman Champs, Forster	swim/bike/run 3.8/180/42.2 1:06:28/5:30:46/3:50:24 =10:27:38

Congratulations to our March and April Members of the Month who each win one of the fabulously stylish new Striders sweatshirts (please see our Uniform Manager to collect your prizes.

Corporate Cup

by Kevin Tiller

For those of you unaware, the Corporate Cup is run in the Domain over a challenging 5.8km course, every other Wednesday lunchtime. Fastest runners in Series 24:

Women (30-34 yrs)

1. Marlies Laaper 24:05 (won or was placed in all her runs)

Women (35+ yrs)

7. Penny Taylor 29:50
10. Lesley Clarke 30:20

Men (35-39 yrs)

2. Stuart Greaves 20:05
4. Andrew Smith 20:50

Men (40-49 yrs)

6. John Hamilton 21:30
8. Godfrey Franz 21:45

Men (50+ yrs)

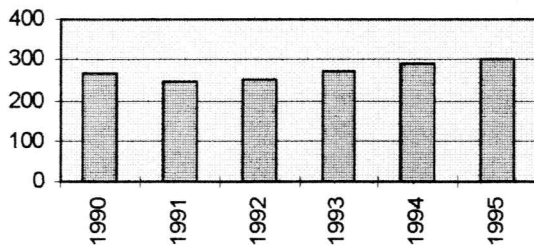
2. Alex Whitworth 22:40

The Garry Gould Memorial Trophy winner for the top point scorer in Series 24 is Kevin O'Kane who scored 140 pts from a maximum 150 pts.

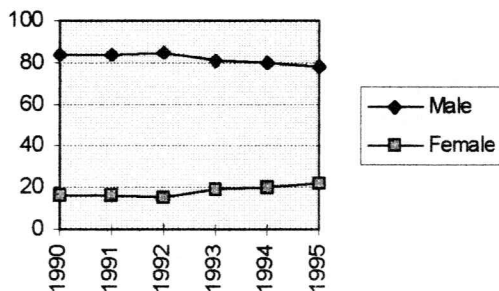
Membership Statistics

Data supplied by Kevin Tiller

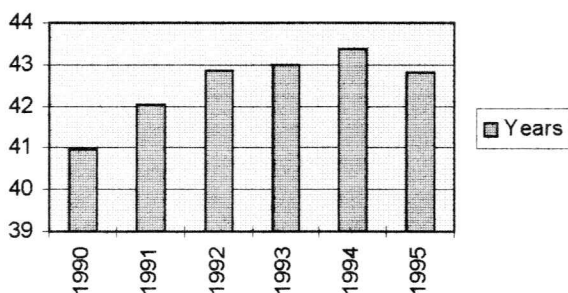
Total Members



Membership by Sex %



Average Age



All the statistics presented here are calculated as at 31 December each year, when financial membership is at its maximum level.

The total membership, which fell from 267 (1990) to its lowest point in recent years, 249 (1991), has climbed steadily since then to 303 (end of 1995).

The male-female ratio was 84:16 (1990) and stayed fairly stable at 85:15 (1992). However, since then it has steadily changed for the better, and now stands at 78:22 (1995).

Our average age, which seemed set to continue climbing after rising steadily from 40.98 (1990) to 43.36 (1994), has now taken a downturn to 42.82 (1995).

The percentage distribution of club membership across 5 age-groups has been as follows since 1990:

	'90	'91	'92	'93	'94	'95
U30	10	8	7	6	8	9
30s	35	33	30	31	28	29
40s	40	42	43	44	43	41
50s	13	15	17	16	17	17
60+	2	2	3	3	4	4

[Eds' Note: Oh no, we thought, when we first received this file from Membership and Database Manager Kevin Tiller, he's at it again. The first words which caught our eye were "Sex Breakdown". Well, it can happen to the best of us, we suppose, and running just makes you SO damn tired.]



Membership and Database Manager Kevin Tiller pictured at the recent AGM

Letters to the Editor

Former Strider back in Sweden

Dear Striders, I used to live in Sydney in the early 80's and was one of the early members of the Striders and fully enjoyed the Sunday morning runs finishing with a cold Coke and a Mars-bar in all sorts of places around Sydney.

I was glad to find you on the Web and had to send you a mail. It would be interesting to know if guys like Ray Doran, Charles Coville, Bernie Liebmann, Brian Colwell, Sue Hill, John Jeston etc are still making the streets of Sydney unsafe???

I would be very glad to establish some old contacts with "early Striders" whoever is receiving this mail. I am now living in Stockholm, Sweden still running. We now have rather warm spring weather following a very cold winter, while you guys are going for your winter. Looking forward to hear from someone downunder.

Best regards, Osten Hansson, Stockholm Sweden
Keep on Striding !!

[Ed's note: We have sent Osten a return greeting via email, and hope to receive his full address soon. Anyone wishing to write to him, please contact Steve Cornelius. Osten's email address is: osten.hansson@mbox200.swipnet.se].

Threat of Litigation

Dear Sir, I refer to the letter in the last Blister, from H H Hopdiddle, Solicitors and Attorneys, acting for Mr Alan Scott Crawford, upright and honourable member of the Club, and the Call for Return: Blister 59 made to members who received a copy of the Limited Edition of Blister #59.

Having read the above letter, I went back to edition #59 of The Blister and I cannot understand what all the fuss is about. Even after removing the staple from the centrefold in the Special X-rated Sealed Section I can see nothing, nothing at all which is worthy of commotion. Ergo, there appears to be little, I repeat little, to substantiate the threat of litigious action by Hopdiddle.

Indeed, if the matter was to proceed further and the plaintiff and accused were to front a Magistrate of the Courts of this fair land upon which we run, it may well be quite an embarrassing moment for all involved when it is found that the little things in life just won't stand up to cross examination and the issue is entirely without substance. It would more than likely be justifiable for a round of Minties in the Courtroom

"for moments like these".

I think the Editor, with the full backing of the Club, should defend the actions being brought by Hopdiddle in the highest Courts, and in so doing strongly defend the Editor's right to freedom of the written word, and freedom of the incriminating photograph, so the facts of the matter (however small they so were in this case) can be reported without fear or favour.

Sincerely, John R Hamilton

Dylan fanatic hits out

Dear Sir, Who is this music editor and what right has he got? What does a Liverpudlian know about Bob Dylan anyway? Obviously very little!! He should stick to the Beatles and Gerry and the Pacemakers. All his answers to the Bob Dylan questions are wrong. The (nearly) correct ones are:

- (1) His name: Robert Alan Zimmerman. Born Duluth, Minnesota.
- (2) At least 2, and probably 6 or 7, songs are written about Dylan's wife Sara Lowndes: "Sara" off Desire and "Sad Eyed Lady of the Lowlands" off Blonde on Blonde are definite. Other possibles include "If you see her say hello", "Idiot Wind", "Isis", "Most likely you go your way" and "You're a big girl now".
- (3) I have 68 Dylan albums. My friend owns 250 CDs. Dylan has written and recorded more than 650 songs. My edition of Krogsgaard's bible (Positively Bob Dylan) lists 43 official Bob Dylan albums, and Krogsgaard is never wrong.
- (4) The most recent Dylan cover is by Nick Cave and Kylie Minogue who released a version of "Death is not the End" in February 1996. (That is the song most recent to when the article was written. There have been more recent covers.)
- (5) The answer to Q5 is not as simple as it looks. "Desolation Row" is an absolutely wonderful song and the lyrics are as complex as they are beautiful. I'll accept the answer to the first part as there is no need to be drawn into complexities. As for the second part, "Joey" off Blonde on Blonde is just about the same length as is a whole number of bootleg versions of many songs. So I'll almost pay it.

I'm becoming too verbose. I think I'll go out and go for a run. There is not much happening here, nothing ever does.

Sincerely, Irwin Light.

[Music Editor Terry McIver replies]:

Dear So-called true Bob Dylan fan,

Thank you for your very slow response to (half of) my music quiz. Any true fan would have responded immediately to a quiz on their favourite topic. You ask who I am? Maybe my name wasn't printed in your copy. You say I should stick to Liverpool musicians. I ask *you* how many singers or groups come from *your* home town or country, and how much do you know about them? I will now score your answers one by one:

- (1) Dylan's middle name is Allen, not Alan. 5 pts.
- (2) Your answer is very confusing and does not address the question. 0 pts.
- (3) You could be right. I only have 21 albums, and none of them are bootleg, as I don't believe in supporting people who do things like that. ½ pt.
- (4) Nick Cave and Kylie Minogue are not a group as defined in Macquarie Dictionary. 0 pts.
- (5) "Joey" is not on *Blonde on Blonde* (1965), but is on *Desire* (1975). The true Bob Dylan fan would know that the style of his songs changed over the years. He certainly did not record "Joey" in 1965 and release it on an album 10 years later. "Joey" runs 11mins05secs, not 11mins18secs. Score minus 10 pts.

Maybe you should stick to Ladysmith Black Mambazo. Congratulations to Tina Campbell who scored many more correct answers than the "true Bob Dylan fan".

Terry McIver

Cats have rights too

Dear Sir, I am writing to complain about the publication of that offensive picture of the dog Tippy O'Canine (front page, Marathon Training Group Newsletter, Blister #60). This is merely a symptom of the current woolly-minded trend to go all soft and sentimental whenever dogs are mentioned.

Dogs are mindless, slobbering, fawning, odorous morons who seemingly need to obtrusively ingratiate themselves with their humans in order to con them into thinking they serve some useful purpose. Cats like myself, on the other hand, have no need to run 30 kilometres, or indeed any kilometres at all, in order to earn our living. This demonstrates our superior intelligence and breeding.

I feel that your journal would be enhanced by the publication of some feline photographs, and my owner, S.W. Bag, will be happy to supply some

suitable examples on request. Please attempt to overcome your absurd dog-fetish in the near future.

Sincerely, Jacques The Cat, c/- S.W. Bag

Letter from Roskilde

Mine herrer, Jeg skriver til Dem for at meddele, at S.W.BAG aldrig har deltaget i Roskilde maraton. Hvis De tror, at han har gennemført, så er De helt sikkert blevet vildledt. Derfor skal jeg venligst anmode Dem Korrigere Deres registreringer i overensstemmelse hermed.

Med venlig hilsen, Torben Nielsen

Race Director, Roskilde Marathon.

Sporting Spectrum wins Corporate Games Relay

by Peter Truscott

This year the Australian Corporate Games were held in March at Homebush Stadium. Sporting Spectrum had entered the prestigious 4 x 2km road running relay event.

It was a hot autumn day with a slight NE wind, the humidity was high as a result of the nervous sweat being poured into the air. The challengers looked hot - then we took our eyes off the girls' teams.

The 4 members of our team seemed totally at ease, reassuring each other that it didn't matter how we went, as long as we won. In order of running, the SS team were Chris Truscott, Peter Truscott, Chris Robb and Darren Benson.

It was time to start. Chris Truscott lead a huge field out of the stadium and returned with around 1 minute lead at the first changeover, recording 5:42 for 2k. By the time Peter Truscott returned with a time of 6:10, the gap had widened to about 2 minutes.

Chris Robb ran brilliantly for a man who started tapering for this event 12 months ago. A time of 6:52 kept the lead to 2 minutes. Then it was Darren to steer the team to a close win of around 3 minutes, his time being 6:11 for 2k.

So the gold medal and Aust. Corporate team championship for 1996 in 4 x 2k relay goes to Sporting Spectrum. Total time for 8k was 24:55.

Finally it should be mentioned that all 4 team members were fully showered and changed to be there trackside to congratulate the silver medallists across the line.

Brisbane Water Bush Bash

by Graham Butler

A 6am start at Gosford followed by a 47 kilometre run isn't everyone's idea of a great way to spend a birthday. In previous years I'd missed the event owing to illness or injury, but I was convinced this year that my Canberra Marathon finish needed backing up just two weeks afterwards.

The Brisbane Water Bush Bash (BWBB) has certainly become one of the classic runs on the calendar. If you like Six Foot Track or the Brindabella Classic, then this is a run and a half for you. Aside from the challenge of a tough 47 kilometre course, the complete circumnavigation of the BW region isn't such a bad way to spend a Saturday morning after all. A reasonable entry fee, high standards of race organisation and friendly no nonsense runner support are all features of this excellent event.

Good race conditions, great scenery and a wide variety of terrain were bonuses for the sizeable pack of Striders who dominated the field in this year's race. For less agile, stumblebums like myself, the BWBB was never going to be easy or fast. As the race title implies, the amount of rough bush track makes it a struggle for some of us just to stay in the vertical. Notwithstanding this, the day has some particular good and not quite so good personal memories.

Good ones:

- The superb sunrise and panoramic views after a solid ascent to the 10 kilometre mark.
- Listening to one competitor who had finished the Forster Ironman only the weekend prior. That's what I really call backing up! This same bloke had trashed his bike the week before the triathlon by riding into the back of a parked four-wheel-drive.
- Running alone on a superb leafy forest track at the entrance to the Bouddi National Park and being at one with the nature spirits.
- Being almost delirious at around the 39k mark, descending from the forest to a drink station, waving my arms and shouting "Thanks God for the Salvos!" to a lone, startled woman. She didn't call the police or the Salvos, thank God.
- Seeing the marvellous sign which read "Bags of Horse Poo, 80 cents". This gave me a good laugh late in the run when I really needed it.

Not such good ones -

- Passing the church at Kincumber where I was married.
- Making competitors climb the rocky outcrop at the top of Mount Kincumber. Just climbing the hill was enough to turn the legs to jelly.
- The sod of a hill about 7k from the end.
- The last 5k or so where you think it can't possibly be much further, but it seems to just go on and on.

Congratulations to Greg Love and his team of helpers for a wonderful event. I'm sure lots of Striders will be back next year. Results:

1st	Michael Burton	3.42.47
Striders:		
2nd	Kelvin Marshall	3.52.56
3rd	Phil Hugill	3.53.30
7th	Jonathan Worswick	4.13.47
8th	Mike Ward	4.19.22
9th	Murray Town	4.19.22
11th	Geoff Taylor	4.29.53
15th	Kevin Tiller	4.48.28
17th	Wendy Downes (1F)	4.55.59
18th	Roger Rigby	4.57.14
19th	Jim Screen	5.00.35
25th	Wayne McCarthy	5.12.41
26th	Peter Hammerschmidt	5.14.14
30th	Graham Butler	5.31.49

[Supplementary notes supplied by Kevin Tiller: Sometime-Strider Mike Burton won in 3:42:47. Wendy was first female. Geoff Taylor approached the finish line from the wrong direction. Jonathan Worswick completed the Forster Ironman just 6 days previously. Striders numbers were increased by Comrades hopefuls out for a training fix. There were 54 finishers.]

Some 10k Results

Data supplied by Kevin Tiller

PBs at North Head 10k, Feb 1996:

Andrew Smith 35:03, Penny Taylor 50:14

NSW 10km Champs, Holsworthy, 11 May

Darren Benson 33:01 (16th); Chris Truscott 34:18

Andrew Smith 36:57; Godfrey Franz 37:57

Joanne Cowan 38:17 (4th); Marlies Laaper 39:30

Penny Taylor 52:24.

Canberra Marathon Results

Data supplied by Kevin Tiller

15 Chris Dwyer	2.43.59
19 Phil Hugill	2.47.50 PB
22 Wayne Stanton	2.48.55
41 Jonathan Trope	2.56.17
54 Kelvin Marshall	2.59.14
69 Grahame Murphy	3.03.36
80 Neil McGill	3.07.03
85 Chris McClean	3.07.59
88 Godfrey Franz	3.09.57
91 Derek Smith	3.11.01
95 Phil Boswell	3.12.07
104 Peter Hammerschmidt	3.14.19 PB
105 Scott Crawford	3.14.23
108 Peter Truscott	3.14.40 PB
109 Mike Ward	3.14.45
116 Guy Griffin	3.16.01 PB
143 Mahmoud El-Khansa	3.22.51
150 Andrew Hallam	3.24.46
157 Cathy Dunworth	3.26.26
(female debut marathon winner)	
166 Tony Hoban	3.27.58 PB
185 Kevin Tiller	3.30.00
186 Amanda Dawson	3.30.00 Debut
204 Breeda Kelly	3.36.19 Debut
209 Jim Screen	3.38.11 PB
224 Kevin O'Kane	3.43.09
226 Nick Themsen	3.43.52 Debut
249 Charles Reis	3.51.18
254 Graham Butler	3.52.26
256 Roger Rigby	3.52.50
260 Michelle Baskin	3.53.02 PB
265 Wayne McCarthy	3.55.13
290 Matthew McCarthy	4.08.27 Debut
297 Mark McCrindle	4.12.13 PB
310 Margaret Smith	4.21.58
311 Belinda O'Neil	4.21.58 Debut
314 Rozanne Green	4.22.57 Debut
326 Lesley Clarke	4.33.30 Debut
330 Vicki McGill	4.38.39 Debut
There were 352 finishers	

Honourable Mention:

Chris Truscott DNF'ed at 30km after running at approx 2:30 pace (!)

Useless Facts Department :

7 Ethiopian runners missed the start after catching taxis from Sydney on the morning of the run. [Eds' note: That's nothing. We've met taxi drivers who couldn't find the Harbour Bridge].

Light on the Subject

Dr Irwin Light

For some reason, there has been a recent epidemic of plantar fasciitis among my running friends and patients. It will interest Russell and Selby that, on the basis of this epidemic, I am writing an academic paper linking plantar fasciitis with that other viral infection of the foot, plantar wart.

But enough of that. This is a family publication, and one should not talk too much about infectious diseases.

No trauma

Plantar fasciitis is a diagnosis made when there is a *heel* (not foot) pain present as the heel strikes the ground. The symptoms are often worst on the first few steps out of bed in the morning. There is usually *not* a history of a specific traumatic episode (in runners at least).

Some of the causative factors include age, increased body weight, footwear, altered heel strike (running on a track, downhill running etc).

Essentially the main factor contributing to the symptoms is flattening of the protective fat pad beneath the heel bone. The integrity of the fat pad is maintained by a close, well fitting, heel cup in the running shoe (and walking shoes). Hence the fact that the symptoms are worst when walking barefoot.

The pain is actually caused by a combination of inflammation and swelling leading to pressure on the medial calcaneal branch of the tibial nerve. The presence or absence of a heel spur is *not* of any significance.

Other problems

Other causes of *heel* pain include foreign matter in the heel tissue, plantar wart, and stress fracture of the calcaneus (a diagnosis recently missed by me!).

Treatment consists of attention to footwear, various inserts in the shoe, e.g. the Tuli heel cup or a heel lift or orthotics; strapping of the foot; and infiltration with local anaesthetic and cortisone. Incidentally this injection can be performed painlessly.

It's only pain

In short, this is an overuse/abuse injury which is difficult to treat. You can run through it if you want to It's only pain.

1996 Sydney Striders 10km Series

Data supplied by Mark Fiore

Result, Race 3: Marsfield, 6 April 1996:

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Inglis, Rob	43.26	47.33	1	44.15	29
El-khansa, Mahmoud	43.59	47.32	2	44.42	32
Segula, Andrew	46.51	49.58	3	47.28	39
Dawson, Amanda	47.18	50.11	4	47.53	8
Thomson, Kirsten	54.28	56.42	5	54.55	17
Howard, James	40.38	42.51	6	41.05	17
Worswick, Jonathon	37.17	39.10	7	37.40	5
O'Kane, Kevin	43.25	45.09	8	43.46	28
Joannides, Desie	54.09	55.43	9	54.28	15
Whitworth, Alex	39.17	40.39	10	39.33	10
Trope, Jonathan	38.12	39.29	11	38.27	9
Wilson, Mike	44.11	45.27	12	44.26	33
Smitheran, David	39.29	40.15	13	39.38	12
Cox, Geoff	36.49	37.33	14	36.58	4
Cowan, Joanne	36.50	37.20	15	36.56	1
Vucetic, Clara	41.50	42.2	16	41.56	3
Dunworth, Cathy	43.31	43.55	17	43.36	5
Harrison, George	42.01	42.17	18	42.04	24
Reis, Charles	42.50	43.02	19	42.52	26
Boswell, Phil	39.27	39.38	20	39.29	11
Downes, Wendy	47.28	47.38	21	47.30	10
Niland, Graham	41.59	42.08	22	42.01	23
Potter, Raymond	39.33	39.30	23	39.30	14
Leigh, Elana	52.14	52.09	24	52.10	12
Taggart, Sally	42.18	42.13	25	42.14	4
Lisson, George	41.31	41.22	26	41.23	19
Murphy, Grahame	37.54	37.39	27	37.40	7
Byrne, Tony	44.42	44.24	28	44.26	36
Laaper, Marlies	39.36	39.16	29	39.18	2
Walker, John	40.41	40.13	30	40.16	18
Field, Alf	44.18	43.42	31	43.46	34
Lie, Jeff	42.57	42.21	32	42.25	27
Taylor, Geoff	42.09	41.25	33	41.29	25
Lovel, Rod	39.55	39.07	34	39.12	16
Hill, Sue	54.00	53.04	35	53.10	13
Truscott, Chris	34.14	33.13	36	33.19	1
Green, Rozanne	54.24	53.18	37	53.25	16
Taylor, Penny	51.34	50.26	38	50.33	11
Fiedler, Manfred	47.51	46.39	39	46.46	40
Coville, Charles	41.43	40.28	40	40.36	21
Vucetic, Joe	39.37	38.14	41	38.22	15
Campbell, Tina	47.25	46.01	42	46.09	9
Benson, Darren	34.53	33.20	43	33.29	2
Solomon, David	44.38	43.05	44	43.14	35
Franz, Godfrey	36.48	35.13	45	35.23	3
Murray, Bruce	45.35	43.37	46	43.49	38
Smith, Andrew	37.36	35.31	47	35.44	6
Taylor, Brian	55.29	53.17	48	53.30	45
McPherson, Neil	47.51	45.34	49	45.48	41
Tiller, Dawn	43.32	41.15	50	41.29	6

Name	Time	Target	H/c Pos	Next Target	O/r Pos
H'schmidt, Peter	43.28	41.05	51	41.19	30
Hallam, Andrew	37.57	35.30	52	35.45	8
Russell, Robi	54.00	51.09	53	51.24	14
McLean, Chris	39.31	36.39	54	36.54	13
Urwin, Steve	41.47	38.36	55	38.51	22
Dearn, Frank	62.10	58.05	56	58.20	48
Stitzinger, Ron	58.56	53.17	57	53.32	46
Burnell, Tom	60.42	54.13	58	54.28	47
Hoban, Tony	41.37				20
Zolezzi, Steve	43.55				31
Themsen, Nick	45.21				37
Kelley, Breeda	46.17				7
Broom, Tony	48.16				42
Gilford, John	48.33				43
Coleman, Max	52.11				44

Result, Race 4: Shelley Beach, 4 May 1996:

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Segula, Andrew	43.54	47.28	1	44.37	31
Zolezzi, Steve	41.43	44.48	2	42.20	25
Joannides, Desie	51.31	54.28	3	52.06	11
Allan, Lyn	49.54	52.46	4	50.28	8
Themson, Kirsten	52.11	54.55	5	52.44	12
Kelley, Breeda	45.55	47.13	6	46.11	4
Themsen, Nick	45.03	46.15	7	45.17	35
Burnell, Tom	53.22	54.28	8	53.35	39
Howard, James	40.11	41.05	9	40.22	17
Dawson, Amanda	47.12	47.53	10	47.20	6
Cobley, Peter	39.58	40.35	11	40.05	16
Taylor, Penny	50.14	50.33	12	50.18	10
Cornelius, Steve	51.18	51.33	13	51.21	38
Whitworth, Alex	39.22	39.33	14	39.24	12
Holland, Steven	36.11	36.20	15	36.13	3
Lovel, Rod	39.03	39.12	16	39.05	10
Vucetic, Clara	41.50	41.56	17	41.51	2
Taggart, Sally	42.10	42.14	18	42.11	3
Potter, Raymond	39.27	39.30	19	39.28	13
Truscott, Peter	38.06	38.01	20	38.01	7
Dearn, Frank	58.30	58.20	21	58.21	40
Ward, Mike	41.22	41.11	22	41.12	23
Harrison, George	42.25	42.04	23	42.06	28
Murphy, Grahame	38.01	37.40	24	37.42	6
Walker, John	40.41	40.16	25	40.18	20
Gordon, Barney	45.49	45.22	26	45.25	37
Campbell, Tina	46.38	46.09	27	46.12	5
Byrne, Tony	45.00	44.26	28	44.29	34
Smith, Andrew	36.18	35.44	29	35.47	4
Trope, Jonathan	39.08	38.27	30	38.31	11
Shepherd, John	42.06	41.25	31	41.29	27
Dulson, Peter	39.35	38.43	32	38.48	14

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Hallam, Andrew	36.40	35.45	33	35.51	5
O'kane, Kevin	44.50	43.46	34	43.52	33
Coville, Charles	41.49	40.36	35	40.43	26
Mehrabam, Pirooz	60.53	59.39	36	59.46	41
Taylor, Geoff	42.44	41.29	37	41.37	29
Truscott, Chris	34.38	33.19	38	33.27	2
Crawford, Scott	43.48	42.28	39	42.36	30
Russell, Robi	52.45	51.24	40	51.32	13
Very, Cathy	50.00	48.36	41	48.44	9
Hodges, John	41.27	39.27	42	39.39	24
Vucetic, Joe	40.33	38.22	43	38.35	19
Urwin, Steve	41.09	38.51	44	39.05	22
Kearns, Brenda	47.42	45.22	45	45.36	7
Clark, Lesley	56.00	53.25	46	53.40	15
McLean, Chris	39.45	36.54	47	37.09	15
Franz, Godfrey	38.19	35.23	48	35.38	8
Jackson, Stephen	38.40	35.31	49	35.46	9
Cowan, Joanne	41.48	36.56	50	37.11	1
Hugill, Philip	41.08	35.34	51	35.49	21
Young, John	33.12				1
Hammond, Mathew	40.22				18
Goodsir, Darren	44.31				32
O'brien, Garry	45.20				36
O'Neill, Belinda	53.42				14

Outright Placings to Race 4

Minimum points for inclusion: 6

Name	R1	R2	R3	R4	Tot
Truscott, Chris	21	22	22	21	86
Taggart, Sally	21	20	19	20	80
Vucetic, Clara	20	19	20	21	80
Cowan, Joanne		22	22	22	66
Benson, Darren	22	21	21		64
Laaper, Marlies	22	21	21		64
Franz, Godfrey	20		20	15	55
Smith, Andrew	19		17	19	55
Taylor, Penny	13	16	12	13	54
Holland, Steven	14	19		20	53
Kearns, Brenda	18	18		16	52
Hallam, Andrew	17		15	18	50
McLean, Chris	15	17	10	8	50
Dawson, Amanda	14		15	17	46
Lovel, Rod	9	14	7	13	43
Dunworth, Cathy	19	4	18		41
Cox, Geoff	5	16	19		40
Stanton, Wayne	16	20			36
Kelley, Breeda			16	19	35
Russell, Robi		15	9	10	34
Clark, Lesley	12	13		8	33
Maher, Lesley	16	17			33
Murphy, Grahame			16	17	33
Vucetic, Joe	10	11	8	4	33
Campbell, Tina			14	18	32
Whitworth, Alex	7		13	11	31
Joannides, Desie	10		8	12	30

Name	R1	R2	R3	R4	Tot
Allan, Lyn		14		15	29
Green, Rozanne	11	11	7		29
Very, Cathy	15			14	29
Dulson, Peter	6	12		9	27
Gissing, Jeff	12	15			27
Truscott, Peter	11			16	27
Themson, Kirsten	9		6	11	26
Trope, Jonathan			14	12	26
Boswell, Phil		13	12		25
Hill, Sue		12	10		22
Young, John				22	22
Hugill, Philip	18			2	20
Walker, John	2	10	5	3	20
Potter, Raymond			9	10	19
Doran, Ray		18			18
Worswick, Jonathon			18		18
McGann, Sharon	17				17
Tiller, Dawn			17		17
Cobley, Peter		9		7	16
Mccarty, Michelle	8	8			16
Jackson, Stephen				14	14
Downes, Wendy			13		13
Gardener, Crispin	13				13
H'schmidt, Peter	4	7	2		13
Howard, James			6	6	12
Shepherd, John	2	8		2	12
Leigh, Elana			11		11
Smitheran, David			11		11
Hodges, John	8			2	10
Langsworth, Margareta	10				10
Byrne, Tony	2	3	2	2	9
Lie, Jeff	2	5	2		9
O'Neill, Belinda				9	9
Wong, Kathy		9			9
Burnell, Tom	2	2	2	2	8
Dearn, Frank	2	2	2	2	8
Urwin, Steve	3		2	2	7
Crawford, Scott	2	2		2	6
Gordon, Barney	2	2		2	6
Inglis, Rob	2	2	2		6
Russell, Paul		6			6
Segula, Andrew		2	2	2	6
Stitzinger, Ron	2	2	2		6
Taylor, Geoff	2		2	2	6

Handicap Placings to Race 4

Minimum points for inclusion: 6

Name	R1	R2	R3	R4	Tot
Segula, Andrew			20	22	42
Inglis, Rob		19	22		41
Taylor, Penny	20	7	2	11	40
Themson, Kirsten			18	18	36
Joannides, Desie			14	20	34
Dawson, Amanda			19	13	32
Howard, James			17	14	31
Taggart, Sally	22	2	2	5	31

Name	R1	R2	R3	R4	Tot
Truscott, Chris	14	11	2	2	29
Shepherd, John	7	18		2	27
Stanton, Wayne	21	6			27
Vucetic, Clara	12	2	7	6	27
Russell, Robi		21	2	2	25
Clark, Leslev		22		2	24
McLean, Chris	18	2	2	2	24
Benson, Darren	13	8	2		23
Smith, Andrew	19		2	2	23
Wilson, Mike		12	11		23
Whitworth, Alex			13	9	22
El-khansa, Mahmoud			21		21
Green, Rozanne	2	17	2		21
H'schmidt, peter	17	2	2		21
Zolezzi, Steve				21	21
Dunworth, Cathy		14	6		20
Kearns, Brenda	3	15		2	20
Langsworth, Margareta	20				20
Stitzinger, Ron	2	16	2		20
Allan, Lyn				19	19
Burnell, Tom		2	2	15	19
Holland, Steven	6	4		8	18
Hugill, Philip	16			2	18
Truscott, Peter	15			3	18
Byrne, Tony		13	2	2	17
Kelley, Breeda				17	17
O'Kane, Kevin			15	2	17
Lovel, Rod	5	2	2	7	16
Themsen, Nick				16	16
Worswick, Jonathon			16		16
Gordon, Barney	11	2		2	15
Cobley, Peter		2		12	14
Trope, Jonathan			12	2	14
Boswell, Phil		10	3		13
Cox, Geoff	2	2	9		13
Hallam, Andrew	9		2	2	13
Cowan, Joanne		2	8	2	12
Franz, Godfrey	8		2	2	12
Hill, Sue		9	2		11
Walker, John	2	5	2	2	11
Cornelius, Steve				10	10
Mcgann, Sharon	10				10
Smitheran, David			10		10
Dearn, Frank	2	2	2	2	8
Vucetic, Joe	2	2	2	2	8
Harrison, George			5	2	7
Crawford, Scott	2	2		2	6
Dulson, Peter	2	2		2	6
Laaper, Marlies	2	2	2		6
Potter, Raymond			2	4	6
Reis, Charles	2		4		6
Taylor, Geoff	2		2	2	6
Urwin, Steve	2		2	2	6
Ward, Mike	4			2	6

Recipe: Sarah's Banana Loaf

from Sarah Entwistle

A moist, tasty loaf, it's high carbohydrate, high fibre and low fat, and a great way of using up all those slightly-too-ripe bananas.

Ingredients

1 1/2 cups wholemeal self-raising flour
 1/2 tsp bicarb soda
 1 cup bran - wheat or oat
 1/3 cup raw sugar
 1/4 tsp salt
 1/2 cup chopped dried apricots (or other dried fruit)
 1/2 cup coarsely chopped pecans or walnuts
 1/4 cup Lite White or skim milk
 1/2 cup buttermilk
 60g butter/margarine
 100ml low fat yoghurt
 1 tsp vanilla
 2 eggs
 3 medium ripe bananas - mashed
 Garnish: pecans or walnuts

Method

Preheat oven to 180C. Grease and flour a 23x13x7cm loaf tin.

Sift flour and bicarb of soda into large bowl, tip in any bran or wheatgerm that remains in the sieve. Stir in bran, sugar and salt, and mix. Add nuts and apricots.

Heat milk and when just boiling remove from heat and stir in margarine/butter until melted. Then stir in yoghurt, buttermilk and vanilla. Beat eggs to combine, then whisk into buttermilk mixture. Add this mixture to dry ingredients and mix until well combined - don't beat. Stir in mashed banana until well blended.

Scrape mixture into loaf tin, dot the top decoratively with nut halves. Place in oven and bake about 50-55 minutes or until loaf is golden and a fine skewer inserted in the centre comes out clean.

Remove from oven, cool in tin for 5 mins then turn out onto cooling rack, and cool completely. Best to keep in fridge, the loaf keeps well in airtight tin for up to 5 days.

(If it lasts that long!)

Your High Performance Training Diet: Part 1

Adapted from an article by Karen Inge BSc. Dip Diet F.ASMF

[Eds' note: A second and third instalment of this comprehensive article will be printed in subsequent editions of The Blister.]

Today, few would question that nutrition is a vital key to top sporting performance. The importance of good nutrition and the effect it has on performance is becoming widely accepted. Your training diet - the foods eaten on a day to day basis over the training period - must (a) provide enough of the essential nutrients for good health, and (b) have enough energy to meet the demands of training, and enable you to recover well.

To help to get the best performance out of your body during training, there are 7 golden rules:

- Eat more carbohydrate
- Eat less fat
- Eat enough protein
- Eat plenty of dietary fibre
- Eat less salt
- Ensure adequate intake of vitamins & minerals
- Drink more water.

More Carbohydrate

Eating more carbohydrate rich foods, such as pasta, bread and rice means having more energy. Energy and endurance are the prime factors in peak performance, and you can sustain your activity more easily, and recover more quickly. The supply of energy can come from your diet, or from the body's stores of fat and glycogen.

Glycogen is energy stored in the muscle and is the most precious source of energy because it is the key to endurance and stamina. However, unlike energy stored as fat which is usually considerable even in very lean athletes, glycogen stores are very small. Over several days of hard training, you won't run out of fat stores, but you may become very low in glycogen if you don't keep your stores topped up.

Athletes can significantly increase ability to store energy in muscles but they need to eat enough carbohydrate-rich foods to fill those energy stores otherwise they won't benefit from all that training.

Carbohydrate-rich foods

Most carbohydrates should come from nutritious foods like rice and other grains, breakfast cereals, pasta, bread, starchy vegetables, legumes (baked beans, kidney beans, lentils etc), fruit, milk and yogurt. These high carbohydrate foods are also rich in essential vitamins and

minerals required for energy production.

Recent research has suggested that carbohydrate rich foods that are easy to digest and released more quickly into the bloodstream (ie. have a high glycaemic index) are best for recovery. Foods such as rice, most breads, fruits and refined sugars fit into this category.

How much carbohydrate?

The following guidelines apply to all sportspeople doing regular, strenuous exercise. The recommended intake is:

- 7-10gms of carbohydrate per kg body weight per day, or
- 60-70% of daily energy intake as carbohydrate

Less Fat

One very good reason for eating less fat is that when you fill up on fat, there is often no room left for more important carbohydrate rich foods. Also, the fats you eat are stored readily as body fat, so limiting fat intake is important for controlling body fat levels, and helping keep your heart healthy.

How much fat?

No more than 30% of your total daily energy intake should come from fat. This is equivalent to no more than 50-100 grams per day for most athletes depending on total energy intake.

Reducing fat intake

It is easy to reduce fat intake by limiting use of visible fats such as margarine, butter, cream, oils and dressings. There are also many low-fat alternatives of many foods now available in supermarkets. However, beware that fat is also a flavour enhancer and is often concealed in many processed foods such as dried pasta meals, so read the labels carefully and aim to eat foods with less than 10% fat content.

Tips to eat less fat

- Always remove visible fat from meat and poultry, and choose lean cuts.
- Limit intake of added fats such as margarine, butter, oils, cream dressings and mayonnaise.
- Avoid deep fried foods such as chips, spring rolls, dim sims, and battered fish.
- Fill up on high carbohydrate snacks such as fruit, Sunfarm Rice Cakes, and fruit yoghurt, rather than high fat alternatives like chocolate, pastries, cakes and sweet biscuits.
- Select low fat dairy foods: fat-reduced milks, and low fat yoghurt/ice cream/cheeses.

Sydney Striders' Marathon Ladder

Data Supplied by Kevin Tiller

Only Striders who have run a marathon since joining the club are listed. Faster races run prior to joining are listed separately at the foot of the ladder in order to save space.

Please notify Kevin Tiller of any errors and omissions, but refrain from abusing him. It's unlikely to be his fault.

Name	Time	Venue	Date
Phil Garvin	2.21.56	Bathurst	0786
Stuart Greaves	2.29.18		1989
Godfrey Franz	2.29.38	Johannesburg	1083
Chris McLean	2.35.55	Canberra	0492
John Sauer	2.36.11	Anzac	0489
Bruce Inglis	2.38.11	Newcastle	0788
Jeff Gissing	2.38.17	Anzac	0488
Trevor Jacobs	2.38.18	Canberra	0495
Christopher Dwyer	2.38.30	Gold coast	0794
Wayne Stanton	2.38.51	Australian	0686
Joanne Cowan	F 2.40.12	Canberra	0494
Warwick Selby	2.41.19	Anzac	0490
Alex Whitworth	2.41.49	World Vets	1287
Mathew Kaley	2.42.00		1988
Terry McIver	2.42.24	World Vets	1287
Malcolm Satchell	2.42.29	Auckland	1192
Charles Coville	2.45.13	Winstone NZ	1083
Ivan Freys	2.46.54	Canberra	0484
Stephen Jackson	2.47.04	Holdsworth	0992
John Hamilton	2.47.22	Canberra	0494
Chris Truscott	2.47.23	Canberra	0495
Peter Donnelley	2.47.42	Australian	0684
Philip Hugill	2.47.50	Canberra	0496
Paul Russell	2.47.53	Canberra	0484
Ray Doran	2.48.23	Australian	0687
Kevin Tiller	2.49.26	Cities	0893
William Thompson	2.49.38	Anzac	0488
Peter Coble	2.50.01	Australian	0683
Andrew Hallam	2.50.10	Canberra	0495
Jonathon Marsden	2.50.17	Australian	0687
Harvey Blue	2.50.17	Australian	0683
Kelvin Marshall	2.50.46	Melbourne	0695
Jonathan Trope	2.51.13	Gold Coast	0793
Grahame Murphy	2.51.20	Holsworthy	0992
Brian Gatfield	2.51.23	Gold Coast	0889
Marlies Laaper	F 2.51.53	Canberra	0495
John Sutherland	2.52.48	Canberra	0493
David Sill	2.52.54	Hamilton NZ	1087
Sharon Dobson	F 2.54.14	Gold Coast	0792
Gavin Morisset	2.54.22	Gold Coast	0889
Stephen Urwin	2.54.27	New	0792
Steve Cornelius	2.55.31	NSW State	0682
Raymond Skinner	2.55.57	Anzac	0488
Geoff Cox	2.55.58	Honolulu	1291
Nobby Young	2.56.33	NSW State	0584
Jonathan Worswick	2.56.50	Sydney	0894
Grant Rankin	2.56.53	Sydney	0895

Name	Time	Venue	Date
George Lisson	2.56.54	Sydney	0894
Mike Ward	2.57.41	Australian	0686
Alf Field	2.57.43	South	1190
Mark Fiore	2.58.33	Combination	0791
Dick Bartlett	2.58.34	Melbourne	1085
John Turner	2.58.46	Australian	0685
Paul Mandl	2.59.14	Melbourne	0592
Sue Hill	F 2.59.15	Australian	0684
Scott Crawford	2.59.21	Anzac	0490
Darren Benson	2.59.30	Sydney	0894
Tina Campbell	F 3.00.32	World Vets	1287
Neil McGill	3.00.37	Canberra	0495
Raymond Potter	3.00.46	Cities	0695
Brian Colwell	3.01.47	Melbourne	1082
Peter Corte	3.02.00	Combination	0791
John Ayliffe	3.02.12	Adelaide	0890
Brent Waters	3.03.01	Melbourne	1082
David Ritchie	3.04.13	Gold coast	0792
Murray Town	3.04.50	Sydney	0894
Derek Smith	3.05.10	Gold Coast	0794
Alex Hamill	3.05.15	Gillawarna	0884
Joseph Vucetic	3.05.39	Sydney	0895
Graham Firkin	3.07.11	Cities	0885
Mark Robinson	3.07.14	Gold Coast	0791
Mike Martin	3.08.45	Sydney	0895
Hugh Spencer	3.09.02	Australian	0685
John Hodges	3.09.07	Melbourne	1084
Dawn Tiller	F 3.09.13	Canberra	0493
Geoff Taylor	3.09.26	Canberra	0493
Graeme Hansen	3.09.37	Virginia USA	1095
Gary Leahey	3.09.55	Cities	0890
Leo Leader	3.10.00	Canberra	0484
Graham Butler	3.10.13	Australian	0686
Terry Rose	3.10.23	Cities	0889
Stephen Roach	3.11.16	Australian	0686
Philip Boswell	3.11.22	Canberra	0493
Susan Roberts	F 3.11.45	Gold coast	0791
Peter Keeble	3.11.49	F/city	0984
Wendy Downes	F 3.11.56	Anzac	0487
Keith Jackson	3.12.27	Combination	0787
Irwin Light	3.12.31	Australian	0684
Steve Hitchcock	3.12.40	Canberra	0493
John Whealy	3.12.51	Cities	0888
Jack Woodward	3.12.54	Anzac	0488
Tony Crosby	3.13.02	World Vets	1987
Martin Cahnbley	3.13.44	Auckland	1095
Bryce Courtenay	3.13.58	Canberra	0483
Alan Phillips	3.14.02	Australian	0687
Brian Tailford	3.14.03	Campbelltown	0785
Peter H'schmidt	3.14.19	Canberra	0496
Kevin O'Kane	3.14.38	Australian	0685
Peter Truscott	3.14.40	Canberra	0496
Bruce Murray	3.14.49	Campbelltown	0784
Jeremy Lowes	3.14.58	Canberra	0493
Keith White	3.15.51	Canberra	0495
Guy Griffin	3.16.01	Canberra	0496

Name	Time	Venue	Date
George Herisson	3.16.02	Gold Coast	0793
Charles Reis	3.16.49	Gold Coast	0794
Bruce Christie	3.17.58	Blacktown	1993
Joan Boltz	F 3.20.35	Cities	0891
Paul Lunsmann	3.20.54	Anzac	0489
Roger Rigby	3.21.25	World Vets	1287
Ian Whitfield	3.22.15	Canberra	0487
Ray Mainsbridge	3.22.44	Canberra	0494
MahmoudEl-khansa	3.22.51	Canberra	0496
Ross Betts	3.23.28	Cities	0888
Brenda Hamill	F 3.23.38	Sydney	0983
Graeme Nyland	3.25.06	Sydney	0894
Paul Glare	3.25.21	Canberra	0493
Carl Hayes	3.25.34	Canberra	0494
Cathy Dunworth	F 3.26.26	Canberra	0496
Ray Reid	3.27.57	Australian	0686
Tony Hoban	3.27.58	Canberra	0496
Michael Royal	3.28.01		
Frank Gallagher	3.28.36	Australian	0686
Ron Daly	3.28.46	Anzac	0490
Peter Cookson	3.29.53	Canberra	0494
Amanda Dawson	F 3.30.00	Canberra	0496
John Fennell	3.30.06	Anzac	0489
David Solomon	3.30.30	Sydney	0894
David Theriault	3.31.00	Gold Coast	0794
CameronMcCullagh	3.31.46		
Cathy Verry	F 3.33.26	Canberra	0493
Wayne McCarthy	3.34.54	World Vets	1287
Susan Griffith	F 3.35.20	Gold Coast	0790
Breeda Kelly	F 3.36.19	Canberra	0496
Jim Screen	3.38.11	Canberra	0496
John Hawkins	3.39.30	Macau	1994
John Preston	3.39.39	Anzac	0490
Michael Wilson	3.39.54	Sydney	0895
Sharon McGann	F 3.39.54	Canberra	0493
John Timbs	3.40.00	Australian	0687
Alan White	3.41.00	Anzac	0490
Owen Denmeade	3.42.51	Australian	0684
Tony Partridge	3.43.00	Gold Coast	0794
Kirsten Thomsen	F 3.43.52	Canberra	0496
Edwina MacArthur	F 3.44.47	Canberra	0486
Ian Manners	3.44.48	Canberra	0494
Kevin Fitzgerald	3.45.22	Combination	0791
Peter Johnson	3.45.24	Budget	1089
Ken Edmondson	3.45.32	Gold Coast	0794
Clara Vucetic	F 3.47.00	Sydney	0895
Neil McPherson	3.48.22	Sydney	0895
Robi Russell	F 3.49.00	World Vets	1287
Brian Taylor	3.49.01	Canberra	0592
Dawn Shaw	F 3.49.47	Anzac	0487
Fiona Pelly	F 3.49.59	Sydney	0895
Michelle Baskin	F 3.53.02	Canberra	0496
Bill Blecha	3.58.40	Bathurst	0789
Ruth McColl	F 3.59.05	Sydney	0895
James Howard	4.01.00	Sydney	0895
Jim Donovan	4.06.57	Canberra	0483
Christopher Gunns	4.07.12	Forster	0495
Lesley Maher	F 4.08.00	Australian	0684
Mark McCrindle	4.12.13	Canberra	0496
Derek Raper	4.14.53	Sydney	0895
John Newcomb	4.15.00	Sydney	0894
Belinda O'Neil	F 4.21.58	Canberra	0496

Name	Time	Venue	Date
Margaret Smith	F 4.21.58	Canberra	0496
Paul Kotala	4.22.18	Foster triath'n	1993
Manfred Fiedler	4.22.54	Sydney	0895
Rozanne Green	F 4.22.57	Canberra	0496
Joe Degabriele	4.29.58	Sydney	0895
Lesley Clarke	F 4.33.30	Canberra	0496
Patrick Freeman	4.35.56	Sydney	0895
Vicki McGill	F 4.38.39	Canberra	0496
Julia Stenton	F 4.46.00	Sydney	0895
Graeme Shipley	5.01.52	Six foot track	0494
Alan Tonge	5.07.02	Adelaide	0889

Faster marathons prior to joining:

Name	Time	Venue	Date
Godfrey Franz	2.21.36	Buffalo	0382
Stuart Greaves	2.22.54	Kyoto Japan	0387
Jeremy Lowes	2.24.17	South Africa	1983
Chris McLean	2.27.31	Australian	1983
Trevor Jacobs	2.30.32		
Stephen Jackson	2.32.17	NZ	1985
Grahame Murphy	2.43.09	Cities	0889
Raymond Potter	2.43.54	Holsworthy	1986
Andrew Hallam	2.46.48	Melbourne	1992
Joseph Vucetic	2.51.01		1990
Sue Hill	F 2.52.01	Avon WG	1979
Jonathan Worswick	2.52.45	London	0485
Sharon Dobson	F 2.53.00		1182
George Herisson	2.56.00	Melbourne	1985
Martin Cahnbley	2.57.00	Stellenbosch	1989
Mark Fiore	2.58.08	Huy Belgium	0690
John Hawkins	2.59.50	Sydney	1983
Murray Town	3.00.51	Vienna	0488
Leo Leader	3.05.00	Peninsula RSA	1980
Graeme Shipley	3.06.12	Anzac	0488
Terry Rose	3.07.12	Christchurch	0687
Joan Boltz	F 3.07.46	Gold CCoast	0787
Irwin Light	3.10.38	Bluff USA	1977
Derek Raper	3.12.45	Wildcoast	1986
Ian Whitfield	3.13.06	Australian	1983
Charles Reis	3.14.57	Canberra	1994
John Newcomb	3.15.00	Los Angeles	1986
Graeme Nyland	3.15.28	Sacramento	1291
Guy Griffin	3.16.00	Canberra	0495
Kevin Fitzgerald	3.16.39	Budget	1086
MahmoudEl-khansa	3.21.27	Canberra	0495
John Timbs	3.23.08	Australian	1984
Frank Gallagher	3.24.51	Australian	1984
Cathy Verry	F 3.30.48	Canberra	0492
Clara Vucetic	F 3.31.00		
Wayne McCarthy	3.34.54		
Owen Denmeade	3.36.00	Sydney	1983
John Preston	3.39.39	Anzac	0489
Peter Johnson	3.40.53	Canberra	0484
Ruth McColl	F 3.42.08	Canberra	1994
Patrick Freeman	3.59.00	Johannesburg	1986
Margaret Smith	F 4.19.00	Sydney	0894
Alan Tonge	4.46.49	Adelaide F/city	1985

Challenge Yourself: Pain is Your Friend

[Eds' note: This article, located on the World Wide Web by Kevin Tiller, is reprinted by kind permission of its publisher Brad Chick, of Do It Sports Inc., 2360 E. Stadium Blvd., Suite 13 Ann Arbor, Michigan 48014, USA. e-mail: doman@doitsports.com].

The first running mentor I ever had, other than my older brother, once explained to a newspaper reporter why he ran so much: "Because it feels so good when I stop." As a philosophical modus operandi, his words lacked sound logic. They just as easily could have been used to justify less productive activities, such as sticking yourself in the belly with a sharp pencil.

We're not here to talk about sticking yourself in the belly with a sharp pencil. We're talking pain. Fine distinction, perhaps. Look outside. Every runner I've ever met loves Fall. It's easy to see why: Fall looks great. Anyone who doesn't get an aesthetic rush from running down a trail cushioned by flame-orange leaves has burnt off too many key brain cells. Fall also feels great. The act of running simply becomes easier as the air cools off. From now until the snow hits you're in prime time. At your best, you don't run, you flow. You love every second of it. You forget that running sometimes hurts. Enjoy it, revel in it, but don't forget the pain completely. You need it.

Our friend Mr Pain

Most of us, unable to get past the concept that pain hurts, don't begin to think of its benefits. Now's the perfect time, though, when the running's getting easier, to do an about-face and try to make it harder. Try to learn a little something about your limitations and our mutual friend, Mr. Pain. Forget about scouring the listings looking for that perfectly flat, fast and certified road course to notch a PR on. Instead, look for a cross country race. The staple of the schoolkid's fall diet is the perfect tool with which to toughen yourself up!

It works for the best: six months before shattering the world records at 5,000 and 10,000 meters last summer, Ethiopian Haile Gebrselassie could be found running through the grass, mud and snow of the European cross country circuit. If he made running 12:44 and 26:43 look easy, that might be because he learned to handle pain while running cross country. If you've ever run cross country, you might know what I mean. Relive your

own brutal harrier rambles up hills and across muddy fields. Try to remember how you felt before the final drive to the chute, or worse yet, after the finish, staring at your feet with your hands on your knees, praying you wouldn't puke on those shoes.

If you've never run cross country, find a high school race and see how the pimply-faced victims of inadequate training breathe at 2½ miles. Some of them would rather die than face with the daunting concept of sprinting for the last kilometre. No, cross country is not easy. If it is easy, it ain't cross country. It will hurt you terribly. If it doesn't, you aren't running hard enough.

No wonder that once our school colors are forever consigned to the bottom of a sweaty-smelling trunk, most of us leave the overland sport behind and graduate to the roads. We might wax nostalgic about those crisp mornings when we chased each other down wooded paths. We remember the pain. And those who started on the roads sometimes give thanks that they never got the chance to try it. You get dirty, the times are slow; who needs it? Plus, they've heard, correctly, that it can hurt.

The Kenyan perspective

Of course, pain is relative. Some years ago, I remember hearing a journalist recount a conversation with a Kenyan runner who ran for Washington State. The runner, Josh Kimeto, I believe, was asked after an impressive race how he dealt with the pain of running so hard. "In my tribe," he answered, "when a boy comes of age he is taken out into the wilderness by the men. During the ceremony, he is held down as his penis is placed against a flat rock, and he is circumcised by a man using a hot, sharp rock. "That is pain," the Kenyan said to the ashen-faced reporter. "What I felt out there during the race, that was not pain."

The Kenyan technique of dealing with pain may not work for everyone, but there are more accessible methods out there. A friend of mine always made a distinction between pain and effort: "Pain is hitting your thumb with a hammer; effort is feeling your lungs burn and your stomach shrink to the size of a cherry pit when you know you're not even halfway up the hill." Pain is something you treat in medical terms, he felt. Effort is the challenge for the mind to assert itself over the weaknesses of the body.

My wife said she found a similar distinction helpful during the delivery of our first child: "The pain hit when I panicked. When I relaxed and dealt with it, it was only effort." More responsible writers will tell you that there is no gain through pain. You can tell responsible writers by the way their maxims always rhyme.

Have some common sense

I'm relying on you having some common sense and knowing enough to stop when you find yourself in the express lane for an injury. Hell, after my first 10 or so injuries, even I got an idea

where the line was. Just don't avoid the hurt because it's unpleasant. Knowing yourself and your body is one of the greatest gratifications of running.

Don't take "pain" personally. Seize it and learn from it. If you master the art of hurting, you will master racing. The concrete-loving runner may get the PBs this Fall, but I will wager that you will get much more out of the running experience, and put yourself in better shape for the races that count, if you challenge yourself to line up for a cross country race and dare to face pain head-on.

Atlanta Olympic Update

Compiled by Steve Cornelius

[Eds' note: These snippets were culled from the Atlanta Games official site on the World Wide Web. Some may enable us to be better informed while viewing the Games, others may give some clue to what is in store for us in Sydney in 2000.]

Ticket prices

Ticket prices vary widely according to whether the sport involved is high-profile or not, and whether the session features finals or qualifying competitions. The following list of cheapest and dearest sessions may act as a guide. All prices quoted in US dollars:

Track and Field:

Cheap session (no finals): \$22, \$32, \$53
 Typical session (some finals): \$48, \$64, \$80
 Dearest session (final day): \$80, \$133, \$265

Swimming:

Cheaper session (no finals): \$27, \$53, \$80
 Dearest session (all finals): \$101, \$159

Cycling:

Mountain Bike circuit: \$16
 Velodrome (all sessions): \$27 to \$37

Soccer:

First round: \$20 to \$60
 Quarter finals: \$20 to \$75
 Semi finals: \$27 to \$80
 Final match: \$53 to \$133

Opening and Closing ceremonies:

Each ceremony: \$212, \$424, \$637
 Black market price: Mortgage your house.
 Availability: Forget it.

Changes to Track and Field Programme

ACOG is back at the drawing board after significant adjustments to the track and field schedules were finalized by the IAAF.

ACOG plans to send out revised schedules to ticket purchasers, alerting them to the changes. But there is no talk of making available refunds and only a very remote chance of allowing tickets to be exchanged for another date, largely because almost all have been sold.

Changes to the men's marathon

ACOG also now has to shuffle plans for the men's marathon, which because of pressure from its medical committee has been moved to 7 a.m. on Aug. 4. Previously, the marathon was to begin at 6:30 p.m., and the athletes were to finish in a full Olympic stadium just prior to closing ceremonies.

However, officials now can avoid the logistical problem of blocking off streets for an early evening marathon while at the same time having to get spectators into the stadium for closing ceremonies. ACOG is almost certain to sell tickets for the morning marathon.

Coping with the Games

A survey by The Atlanta Journal-Constitution found that one of the biggest worries for employers and vendors who work in the Downtown area is traffic - just getting to work or appointments. For workers who are also parents, the Games may mean finding child care at unusual hours. For others, the big concern is whether they will be able to use public transit to take them to/from work.

Some deliveries are being scheduled in the middle of the night, and workers are being asked to work earlier, later and in some cases completely different shifts than they do normally. Some workers will actually be asked to work an overnight shift so that they will not have to contend with daytime Olympic traffic.

Surplus hotel accommodation

A buyers market has been created as rooms open up. Olympic ticketholders who have heard there are no hotel rooms left in or near Atlanta may be surprised to learn at least 1,000 rooms are available. While the supply is unlikely to make prices fall much, it means corporations looking for last-minute block bookings should be able to cut better deals. And hotels that have been holding rooms back in hopes of corporate deals may get worried and sell them individually.

Time difference

The time difference between Atlanta and Sydney at the time of the Games will be 14 hours. Atlanta = GMT minus 5, Sydney = GMT plus 10, subtract 1 for US daylight saving. Net diff = 14.

Early AM sessions in Atlanta (eg both marathons) will be seen breakfast to mid-morning in Sydney. Late arvo and early evening sessions in Atlanta (eg many track and field finals) will be seen mid-evening through to early hours AM in Sydney. Mid-evening to late evening session in Atlanta (eg many swimming finals) will be seen late evening through to early hours AM in Sydney.

Laws govern maximum prices

Licensed hotels in Georgia are governed by a law designed to protect consumers from grossly inflated prices. The law limits room charges to \$100 a night or 5.7% over published prices in 1994, whichever is higher. In addition to rate restrictions, licensed hotels cannot require guests to buy more services than they need, including food and beverage packages or room nights beyond Olympic dates. But they can ask for a minimum stay, and many are booking in 6-day increments.

Surplus private rentals too

As soon as Atlanta won the 1996 Summer Olympics, home owners across the metro area began dreaming of fat rental fees during the Games. But 5½ years later, the reality of a housing surplus has hit home. Even though most hotel rooms within an hour's drive of Atlanta are held by ACOG for members of the Olympic family, the number of residents who want to rent their homes still far outnumbers the visitors expected.

About 300,000 metro residents indicated in a November survey that they would be very likely to rent their homes. But only about 10,000 owners in the metro area will find takers. With odds like those, how's a home owner to compete? The answer, say those who have signed contracts in hand, is hard work, perseverance, competitive

pricing and the luck of a desirable location. Expect 3-to-6 day rentals of \$125 to \$300 per bedroom per night double occupancy, depending on location and quality. A standard, \$100,000 house rents for about \$100 per night per bedroom. If it's close to the city or within walking distance of public transport, it might bump up the rental to \$125 or \$150 per bedroom. Some homeowners have had unrealistic ideas about how much they can charge. "You may make \$2,000, \$3,000, \$4,000 -- but you're not going to pay off your mortgage."

Event timetable

It was unfortunately impossible to draw up a full timetable of events as promised in the previous Blister, since for most events the exact starting times are not yet published. However, the following is an approximate guide to highlights.

All times quoted are **Sydney (AEST) times in 24-hour format**. All are **finals**, and most are **session start times only**. It is important to remember your favourite event may be preceded by 8 or 9 other events in its session. Times are as published on the Games official Website, and I take no responsibility for errors.

Ceremonies:

sat 20 jul 1030	Opening ceremony
mon 5 aug 1100	Closing ceremony

Track and Field:

sun 28 jul 0730	M 100m; W 100m
sun 28 jul 2100	W marathon
mon 29 jul 0545	W 5000m
tue 30 jul 0800	M l/jump, 400m, 110mhurd, 10000m; W 400m, 800m
thu 1 aug 0715	M 800m; W 400mhurd, 100mhurd
fri 2 aug 0400	M 400mhurd, 200m, W 200m
sat 3 aug 0700	M p/vault, W l/jump, 10000m
sun 4 aug 0830	All relays + M 1500m, 5000m; W h/jump, 1500m
sun 4 aug 2100	M marathon

Soccer:

fri 2 aug 1000	Women's final
sun 4 aug 0530	Men's final

Striders' Membership:

How you can help us grow

You can help the club's membership to grow by simply photocopying the Striders' 1996 Application Form (on facing page, inside back cover) and giving it to a running friend.



1996 Membership Application Form

Given name: Family name:

Sex: ☐ Male ☐ Female Date of Birth: (day/month/year)

Address:

Post Code:

Telephone: (H).....(W)..... Occupation:

How did you hear about us ?

- ☐ Another Strider (name :)
☐ Striders Race (10k/1/2 Marathon:)
☐ Running Store (name :)
☐ Magazine (name :)
☐ Another Runner ☐ Other (how :)

Running Background

How long you have been running : years..... months.....

Type of running you are interested in :

Best 10K time : when : where :

Best City to Surf : when :

Best Half Marathon time : when : where :

Best Marathon time : when : where :

1996 Charges (please select by circling amount)

Joining Date	Full Member	Student Under-20 Unemployed	Joining Date	Full Member	Student Under-20 Unemployed
Jan/Feb/Mar	\$48	\$28	Jul/Aug/Sep	\$24	\$14
Apr/May/Jun	\$36	\$21	Oct/Nov/Dec	\$12	\$7

All memberships are due for renewal on 31st December 1996, regardless of joining date.

Payment Method

- ☐ Cheque (payable to "Sydney Striders") ☐ Mastercard
☐ Money Order ☐ Bankcard
☐ Cash ☐ Visa

For credit card payment only:

Name on card:

Card number:

Expiry date:

Signature:

"I would like to automatically renew my membership every year using these card details, until I notify the club in writing": ☐ Yes ☐ No

Club Running Kit

"Please send me an order form for the club running kit": ☐ Yes ☐ No

Mail this form and payment to: Sydney Striders, PO Box 679, Crows Nest NSW 2065

(Keep this address and use it for any correspondence)

Run the Striders' SAA 10k Series and you could end up in AFRICA.

Two return tickets to South Africa to be won, courtesy of our major sponsor, South African Airways. One will go to the winner of the ever-popular Handicap Division, open to Striders only (so why not become a member soon?). The other will be a lucky draw prize, open to everyone completing five events.



Entry fee includes refreshments. Register on the day.

Entry fees for 1996: Striders \$5, Non-members \$8, except the Run for Cancer (August): Striders \$6, Non-members \$10.

First Saturday of every month, Race starts 7 am prompt.

Enquiries: Chris Robb (02)-9959-4269.

Remainder of 1996 Programme:

- Sat 1 Jun: Mrs Macquarie's Chair, The Domain (Royal Botanic Gardens, Sydney)
- Sat 6 Jul: Marsfield (Cnr Trafalgar Place and Waterloo Rd)
- Sat 3 Aug: **RUN for CANCER:** North Head (Cnr Darley Rd/Nth Head Scenic Drive)
- Sat 7 Sep: Meadowbank Park (New Course, details to be announced)
- Sat 5 Oct: Shelley Beach Park, Manly (east end of Bower St)
- Sat 2 Nov: Lane Cove River Park, Chatswood West (Fullers Bridge)